

## **Twin Flame Reunion Mastery Course - Kathleen Cranton**

### **Introduction**

Twin Flame Reunion Mastery is all about manifesting a physical reunion with your twin flame. However, it must be noted that not all twin flames may have decided before incarnating that they will end up together in a physical relationship. If this is the case, then this course will still be extremely helpful nonetheless in raising your own vibration, learning your life lessons, living your life purpose, becoming happier, letting go of ego illusions and living in the true love that you are.

Furthermore, if a physical union has been planned by the two souls, this will only happen when both twin flames are ready. This could take many months, years or even decades to happen. One of the key lessons for twin flames is indeed patience!

It is also extremely important to stay rooted in the truth that a twin flame connection is first and foremost a spiritual connection, a journey, built upon unconditional love and a shared spiritual mission here on earth. Indeed the journey is just as important as the "destination", however, there is no true end to the connection and lessons, no beginning or end to the true love of twin flames, therefore to simply try and box it into a fantasy of a romantic relationship is being too short-sighted. When we become transfixed upon limiting this connection just to romance or the hope of getting married, then we could potentially be missing the point in the present moment and maybe even delaying a physical reunion.

A physical reunion is one of the goals yes, but it is by far the only goal or the most important - this is a soul connection afterall and the soul is our true and immortal identity. Therefore this physical life is but a drop in the ocean to the eternal bond of twin flames. One can hope to unite with their twin flame in the physical, and even work towards it yes, but it must be worked upon in a healthy and balanced manner whereby the lessons, the growth and the unconditional love are seen as the most important aspect of the connection. If one focusses too heavily just on getting together with their twin flame, getting married and having babies, then they could possibly blind themselves from what they are supposed to be learning in the present moment. We are supposed to learn how to be truly present in the moment as the now is what is real. To focus too much on the future is to not be fully present.

To unite with the twin flame, one must master patience, unconditional love for self and others, and master surrender to God's Plan. During this time of preparation all illusions about love, life and our identity are totally illuminated and transformed into soul truth. This is not a quick and easy process! But that's a good thing, because it's not supposed to be easy. Twin flames meet in order to learn to love themselves unconditionally through their mirror image and thereby expand in love. If it all came too easily, we wouldn't learn much and we wouldn't expand our consciousness.

### **Twin Flame – the Brightest Mirror**

We are born into this world as radiant beings of pure innocence, love, and joy. Sadly, this state of being does not last long. From our youngest years, we learn that affection and acceptance are not given unconditionally – but rather, that we must meet a set of requirements to be accepted and behave in a certain way to receive approval. We want to be loved, but we soon find out that somehow, being ourselves is not enough for that. So we learn to wear masks that the people around us want to see, presenting an image of someone they will more readily love and accept. As time goes on, we forget the shining love of God that lies at the core of our soul, and come to believe that the mask we wear is who we really are.

But many years' worth of masks and illusions burn away in a flash when we come to face with the only mirror that reflects our true self. Our twin flame, a spiritual mirror sent to us by God to remind us of our divine spark and our eternal soul, and enable us to finally become the person we are meant to be. Looking into the eyes of our twin flame, we will see something we have been looking for our whole life, even if we didn't know it – the pure light of our eternal soul, reflected back at us.

Any and all relationships reflect our beliefs and qualities to a certain degree, but compared to them, encountering your twin flame is akin to taking a look in a full-length mirror after a lifetime of seeing small parts of your reflection in the mirror in the back of a powder box. The poet Rumi wrote:

*You cannot see yourself without a mirror;  
Look at the Beloved,  
He is the brightest mirror.*

Finding each other is far from the end of the twins' spiritual journey. On the contrary, it is just the beginning. The twins will have to go through a lot of challenges to awaken their internal energies and achieve harmony. Like a catalyst in a reaction, the mirror will throw into sharp contrast every problem, issue, fear, doubt and insecurity that both twins must resolve, address, or relinquish before they find a balance together in the divine love. This process can be very difficult, depending on the emotional and spiritual maturity of each twin, as the mirror shows only the truth, and truth can be very difficult to face, especially after a lifetime of masks.

### **Your mirror image, and the mirror of God's love**

Encountering our twin flame for the first time, we are amazed to find how much they have in common with us. Similar experiences, shared visions of the world, parallel pathways through the past and matching ideas of the future – there seems to be no end to the synchronicity between you. At first, you may put some of these similarities down to coincidence – but the more you find out about your twin flame, the more you become convinced that they are fate more than chance. Very soon, you feel that the person you met is the mirror image of you, and that you can see yourself when you look in their eyes.

We are naturally drawn to people with similar values and experiences, and so, the countless similarities that the twins find out about each other quickly form a bond between them. This bond keeps growing stronger as the twins continue exploring the connection between them, deeper and deeper, until they discover that they are more than mirror images of each other. They are energetic mirrors for each other deep inside their souls, to the point where it is no longer possible to tell where one of the twins ends and the other begins. This is also the time when the twins become acutely aware of the full extent of their connection, and of their impact on each other.

Through this connection, both halves of the twin couple discover what loving someone unconditionally means, for the first time ever fully grasping the meaning of the Biblical instruction to "love thy neighbor like thyself." Their love is the strongest feeling they have ever experienced, and they will be forever changed by it. From now on, nothing will be able to change their feelings for each other. In fact, this love becomes so great that it does not limit itself to the two halves of the couple, but turns outwards. In this unconditional, divine love for each other, the twins become an endless

fountain of love for God and mankind.

Discovering one's twin flame and seeing yourself reflected in their soul is an invariably transformative and spiritual experience – regardless of your previous beliefs, religion, or lack of. It is an overwhelming feeling, being exposed to one's own divinity through the mirror of your twin's soul, and finding yourself bathed in the light of pure God's love, felt by you for your twin, and by your twin for you.

### **Facing the truth**

You shouldn't be fooled into thinking that every moment spent with your twin flame will be euphoric. Don't forget that they are, firstly and foremost, a mirror – and being confronted with the full scope of truth about yourself can be terrifying. True, your love and light are magnified and reflected back at you – but so is every other aspect of you! Everything that you tried to conceal, or pretend didn't exist is now thrown into sharp detail and exposed before your eyes. Your lack of self-worth, the issues you have been running away from, your trouble accepting yourself – all of these, and any other problems you still need to deal with, you will see reflected in your twin.

When you are made unhappy by the words or actions of your twin, you may be tempted to assign the blame to them. But you must remember that whatever it was that angered or saddened you in their behavior has roots in you. On the inside, you two are one and the same. Therefore, whatever issues your twin is having, you have them also, whether you are ready to admit it or not. Even though on the outside, the situation is aggravating, in reality, it is an opportunity for you to examine your fears, doubts, beliefs and patterns. Just as your shortcomings are mirrored by your twin, so will be the work you do, causing you both to grow and erase the obstacles in the path to your being together.

It will not be easy. In fact, seeing yourself without masks and illusions, for the first time, can be overwhelming and distressing, emotionally as well as physically. In defense from this distress, many people will find themselves trying to escape this new, all too intense, relationship. Some will go to great lengths to deny the connection they have with their twin flame and opt for a safer and more familiar route.

But your twin flame is your path back to your own true self, the person that

God created. To find your wholeness, you must love and accept yourself as well as others, learn to love unconditionally, and to embody compassion. Then, and only then, can you and your twin reunite in this lifetime, fulfilling your eternal promise to each other. This is why your twin flame will continue holding up a fair, but unforgiving mirror to you, until there is no room left for illusions or denial, until you have done the work you need to do, and become the person you were always meant to be.

### **You are who you are**

Trying to conceal things from your twin flame is pointless. Your soul knows the truth, and you cannot fool it by hiding your emotions. Besides, everything you feel is already a reflection of your twin flame – so whatever fears and doubts you may have, they can feel them also, and they will reflect them right back. You may be afraid of triggering them into running, and be prepared to go to some lengths to stay in their life – but whatever you do, you will not be able to artificially downplay your importance. However cool and collected you may act, your presence alone will be enough to force your twin to face their demons. They will project their fears and emotions on you, and run, in the belief that they cannot do what you expect of them, and be someone you want them to be – even if you present no demands whatsoever.

You cannot change this, nor can you convince them otherwise. The only way for the two of you to find peace is to continue working on your emotional and spiritual strength. Once you have learned to truly love and accept yourself, you won't have to worry so much about your twin – because as you learn these things, so will they. As each of you gains happiness, balance, and freedom, the other benefits from that as well, until, ultimately, you both find yourself in a place of peace and balance.

### **Give, and you will receive**

Everything you receive from the mirror will be the things you gave to it in the first place. Every time you look at your twin flame, remember that you are also looking at yourself. The mirror isn't there to make things more difficult for you – but rather, to help you uncover and overcome your shortcomings. Any positive developments you make, your twin will make also. When you reach surrender, your twin will too. The best thing you can do for the both of you is love your twin the way you would like to be loved. If you love them unconditionally, you will also enjoy unconditional love.

However, it is important to not confuse this with over-giving. Too many "chaser" twin flames give and give and give and the "runner" twin take this for granted. It is important to create healthy boundaries for yourself when you feel taken for granted.

The truth is, this perfect, unconditional love is not something impossible and otherworldly. It already lives in your heart, and in the heart of your twin. What you must do is remove the obstacles in its path, and let it shine through. Your twin can only give you as much love as your love can hold – so make your heart open to receive it. Ultimately, you will be able to see yourself as your twin does, and recognize the full extent of your own beauty, as if you were looking out of your twin's eyes.

### **The path to your true self**

Your twin flame is the opportunity that God gives you to rediscover your joy and innocence. They are more than a spouse or a partner, but a divine counterpart that allows you to become someone that your very Creator intended you to be. They are your ongoing lesson, teaching you that a divine union between the twins is only possible once each of them has found their wholeness. Each twin must let the other choose their own path, secure in the knowledge that wherever they go, the bond and sacred love between the two souls will endure. Ultimately, if you are meant for each other, you will be together.

In the end, all you have to do is love yourself and your twin. Whatever it is that you see in the mirror, love them conditionally, without fear of judgment or abandonment, without doubt or pride. Love, grow, and don't try to control everything, but trust in God instead. Rest in the knowledge that as you grow, so will your twin, and so will your reflection. Worry less, and let love nourish your soul and let it become as beautiful as God created it.

### **The two main reasons why your twin flame reunion isn't manifesting**

I am going to briefly touch on the two main reasons why your twin flame reunion isn't manifesting in the physical at this time. These are my quick summaries of the two reasons that I will go into much further detail in later sections of the course:

### **Reason One: Lack of Self Love**

If you do not love and embrace yourself exactly as you are right now, then neither can your twin flame because everything is reflected. If you are not loving yourself, then they are not loving themselves and neither of you are in a place to be able to receive love from each other.

When twin flames aren't loving themselves, it means they are still stuck in illusions. We are pure love and to not realise this is to be stuck in illusions which are a dense energy which must be dissolved only through self-love. Self-love is the only way to raise our vibrations enough for a physical reunion to happen.

### **Reason Two: Fear**

The number two reason is fear of loss which causes many twin flames to become the chaser twin. Fear is also low vibrational energy, the opposite of love and is too low in vibration and too dense of an energy to allow a high frequency twin flame love connection to manifest into reunion in the physical.

This dense energy of fear is actually pushing the other twin flame away energetically and many label them the runner. It's impossible for the twins to unite when such a low vibrational frequency is affecting the connection because if one is in fear, then the other will reflect it right back. Fear is an illusion. It is ego's false belief in separation. Therefore to try and force reunion out of fear and desperation caused by the illusion of separation, you can only manifest further separation. If you still believe you are separate, then that is what you will manifest in the physical.

Fear is also to disbelieve in God's plan for your connection. One of the key lessons to reunion is about trusting your path, trusting God, trusting the universe, that whatever will happen will be for your highest good. Therefore if this is your twin flame, then whatever will be for both of your highest good will happen IF you trust enough to stop trying to control everything. You must surrender to the path with a open vibration of receptivity and faith and then your twin flame path can flow naturally on it's intended course.

### **Learn to tell the difference between twin flame love and co-dependence**

A union with your twin flame is a unique chance at fulfilling your life's purpose and experiencing unconditional love. Therefore, it is no wonder that many people, after becoming aware of the notion of twin flames, start actively seeking theirs out. While there is nothing wrong with keeping an open mind and heart, ready to embrace your twin flame when they come along, people often mistakenly assume that falling hard and fast for someone automatically means that that person is their twin flame. The danger to this line of thinking lies in the fact that it will stop people from ending the relationship when things go wrong. Instead of looking at the relationship with an objective eye (or as objective as possible, at least), they will try to justify co-dependence, dysfunctionality, and other unhealthy patterns of a relationship, writing them off as "twin flame drama."

An important thing to remember that while a twin flame connection is not a free pass to instant euphoria, it is a relationship that, ultimately, affects you in a POSITIVE way. If being with a person is damaging your self-esteem or making you hate yourself, they are not your twin flame. Violent, controlling, co-dependent people are not your twin flame – these are people you need OUT of your life, as they will never enhance it, but do the exact opposite. Instead of helping you grow, they will push you down and make you shrivel away. It doesn't matter how addicted you may feel to them, how amazing the sex is, or how much they claim they cannot live without you. A relationship that damages you instead of helping you heal is NOT your twin flame, and you must not make excuses for it in the hope that things will magically get better.

Staying in unhealthy, co-dependent relationships is dangerous for your physical, mental, and emotional health – but also, very detrimental to your spirituality. If you mire yourself in a co-dependent relationship, you might be unable to sever that link if and when you encounter your true twin flame. Therefore, by staying in this kind of relationship, you will not only find yourself in a bad place, but may miss your one chance to join with your true twin flame.

A desperate, co-dependent love, the feeling that you cannot live without the

other person, the continuous emotional rollercoasters – those are not the hallmarks of twin flame unions. On the contrary, being with your twin flame will imbue you with a feeling of serenity and peace, and an internal knowledge that things are the way they should be.

### **Don't be too quick to assign labels**

Don't hurry to label someone as your twin flame after knowing them for 24 hours – no matter how amazing your connection appears to be. Give it time. If they really are your twin flame, then your connection will deepen and gradually reveal itself to you. If they aren't, you will be able to assess your relationship more objectively, and be more likely to step away if things start getting unhealthy.

A twin flame connection is not the only kind of connection you can feel for a person – there are other heart- and soul-centered connections that can feel similar to the twin flame one at the earlier stages. You cannot conclude the presence of a genuine twin flame connection without a great understanding and personal experience of its properties, on the metaphysical, energetic, and spiritual levels. This experience will only come with time.

A real twin flame connection will go through a number of stages which I will go into detail about a little later. Each of those will help us achieve a new level of awareness, acceptance, and surrender. You cannot force these stages, or skip over them – you can only let the connection take its natural course. If you try and control or skip stages, then you will just remain stuck in the stage you are currently in.

### **The rough patches**

People can be on different levels of spiritual and emotional maturity when they meet their twin flame. In fact, they can even be entirely unaware of the spiritual path, and ill-equipped to handle the challenges that come at certain stages of a twin flame connection.

As with many relationships, the beginning of a twin flame connection is characterized by a brief yet euphoric "honeymoon period." It is followed by a crisis, where both twins experience a flare-up of their old fears and insecurities, and fall into old behavior patterns. This is where, in absence of an authentic twin flame connection, an unhealthy dynamic can form, when both parts of the couple cling to each other, afraid that if they let go, they will lose each other forever. However, in a twin flame connection, the twins will instead find themselves repelling each other, because of an onset of incompatibility between their energies.

This is a difficult time for all twins. As they feel their energy changing, one or both twins will start pulling away. This is especially trying when one of the twins experiences it to a higher degree than the other. That causes them to pull away, return to their old relationship, or look for someone new – usually, quite suddenly, without much warning. The other twin is often left in disbelief, unable to comprehend what happened, often feeling like the whole relationship (still brief at this point) was only a dream.

### **Push and pull, or co-dependence?**

During the period of separation following the crisis, we experience feelings of great intensity, and even the most balanced of twins can succumb to irrational behaviors. The natural wish will be to try to reach out for our twin in a search for answers.

But does that mean you are allowed to subject the other person to mind games and emotional blackmail, pursue, stalk, or even threaten them? Or should you tolerate such behavior from them? Absolutely not. Making demands or ultimatums to each other is not in the nature of twin flames. Even as they are apart, the invisible link between them will endure, and make it inconceivable for them to intentionally hurt each other. If your connection feels toxic, then trust that instinct because it is not love and serve yourself best by getting out and staying out of that relationship.

In a genuine twin flame connection, the imbalance of energies at this stage

will invariably lead to a separation. Sometimes, this results in a confusion, when people dismiss the possibility of their twin flame dynamic being real, believing that they would never have become separated from "the one" in the first place.

However, the separation is necessary. When the twin flame connection was sparked up, the internal problems and issues of each twin were brought to light. Now it is up for each twin to sort out their baggage, before they can be truly united on a high energy frequency. The spiritual and energetic connection between the twins remains, but they have to follow their own paths for a while, and make the necessary changes, until all that remains is unconditional love. Then, and only then can the twin flames unite in the divine light and love, and let their union unfold to its full potential.

### **The danger of the push and pull dynamic**

Unfortunately, the push and pull dynamic, even in a genuine twin flame connection, can make it easy for people to get dragged into a vicious cycle. Imagine you are the partner that was left behind as the other pulled away, and you are choosing to be patient and calm about it, accepting the separation as necessary. But then your partner starts acting needy, trying to pull you back into their life – only to step away soon thereafter. Maybe they stay away for weeks at a time, or only call you when they are drunk. Maybe they started a new relationship or returned to an old one –but insist on "keeping you around." One way or another, they can keep you dangling at the end of the rope, unwilling to either step up or let you go.

If that is the case, you will have to step out of the cycle yourself. Even people linked by a genuine twin flame connection can exhibit dysfunctional and co-dependent patterns. They will have to do a lot of work and gain a lot of spiritual maturity before you two can be brought back together in love rather than neediness. A connection between twin flames must be driven solely by respect and unconditional love. It takes a lot of mental effort and spiritual growth to reach that. In the meantime, you have to move on, do your own work, and keep the faith. If the other person is your real twin

flame, you will be reunited.

### **Turning inwards for answers**

Like every stage of a twin flame connection, the push and pull serves an ultimately beneficial purpose for both twins. It is not there to make them suffer in a dysfunctional cycle of co-dependency. It is there to turn each twin's focus inwards, and seek answers inside themselves. The push and pull will cause you to re-think and re-evaluate your ideas of relationships and love, and, armed with this new knowledge, alter different parts of your life accordingly. The result of this self-work will be internal balance and wholeness, which will allow you to be joined with your twin in a sacred love.

A divine element is invariably present in a twin flame connection, because its very purpose is to guide both twins to positive transformation and self-love, and to help them become the being of joy and love that they were at the moment of their creation. It is a long way for an imperfect human to achieve wholeness and divine love, and there will be many difficult times when the twins will trigger each other into separation. But each such period will give the twins room to work on themselves, and they will be reunited when the time and circumstances are right. They cannot know when, but deep down, they know that they WILL be.

So do not despair when you trigger your twin into running, and when they trigger you. Stay patient, stay loving, and do the self-work that you need to do.

### **The twin flame drama – who is to blame?**

Until we reach the right degree of emotional and spiritual maturity, the so-called "twin flame drama" will be unavoidable. You may be tempted to assume a victim mentality, and blame your twin flame for the hurt you are feeling, brought about by their actions or words, or by your separation. However, you cannot hold them accountable for your emotional responses.

They are not doing this to you deliberately – they are simply triggering you, forcing you to face your own issues that you were unaware of or unwilling to confront, up until now.

You have to realize that it is not the job of your twin to fix you, heal you, or fill a void in you. If this is what you want them for, you are simply not ready to be with them – even if your twin flame connection is authentic. A meeting with them opened you up for the opportunity to work on yourself, heal, and develop spiritually.

Your twin is also not responsible for your feelings, your thoughts, and your reactions – and it is not their job to handle them for you. What you have to remember is that they bear you no ill will and will never hurt you intentionally if they are truly your twin flame. Your ego may be telling you different, but you should not be too quick to assign blame and point fingers. Your twin's purpose is not to crush your self-worth or damage your self-esteem, but to help you open up your heart and learn how to love unconditionally. That is the path to wholeness.

Whatever you are going through, you need to be honest with yourself – even brutally so. You have to ask yourself – are you the one creating drama? Are you trying to point fingers? Are you trying to emotionally blackmail your twin into doing the internal work you are supposed to be doing yourself? Are you acting needy, clingy, and co-dependent? Have the courage to face the truth and break the cycle, so you can start working on yourself.

These questions also need to be asked in the opposite direction. Victim or not, twin or not, you may find yourself in the position where you are so hung up on your partner that you don't care what they do to you and accept any unhealthy behavior. If you knew they were not your twin flame, would you be willing to stay with them even if they lied to you, ignored you, or abused you in any way? For your own sake, the answer had better be "no." If that is not the case, you have to do a tremendous amount of work before you are ready to be in a relationship with anyone.

Don't be scared of losing your twin flame to the point where you let yourself be defined by their actions or lack of. Do not expect them to be by your side while you are working through your issues – and similarly, do not expect them to share the details of their own internal work with you. As the two of you deal with your demons individually, you will both feel the positive developments through the telepathic link you share. Remember that the main feeling between twin flames is love. That is what you should focus on – unconditional love, not blame or resentment. Accept the fact that you both are imperfect and have problems that need addressing, demons that must be conquered before you two can be joined at a higher frequency. Inside, a twin only wants what is best for their twin's soul, because their two souls are one and the same.

### **To thine own self be true**

Whatever relationship you find yourself in, the old adage applies. Because in the end, what truly matters is not who you are with, but how your relationship is affecting you and how it makes you feel. A positive relationship will help you learn things about yourself, face and overcome your fears, heal old hurts, and grow into a better, more spiritually enlightened person. But a relationship that stops you from making such progress, one that keeps you mired in a vicious push and pull cycle, is as bad for you as it is for your partner. You have to cut yourself and them loose, without using the "twin flame" label as an excuse to keep treading water.

The twin flame journey is your path back to your true self as created by God. You cannot walk it without remaining true to yourself and pursuing your own fulfillment. When you reach alignment with your soul and God's original plan for you, you will look back and see how everything you have done up until now made sense.

Roy Croft once wrote,

*I love you  
Not only for what you are,*

*But for what I am when I am with you.  
I love you,  
Not only for what you have made of yourself,  
But for what you are making of me.  
I love you  
For the part of me that you bring out.*

Take those words to heart, and never stay in a relationship that stifles your growth and makes you unhappy. Don't stay in pain for the sake of some elusive belief that true love must be born out of suffering. Do not expect someone you love to fix you. If the time comes for you and your twin flame to go your separate ways – do not think this is the end. Separation will give you both room to mature, awaken, and find your way to wholeness, to being your true selves. In the end, you will be led back into each other's arms, as better and whole people, ready to unite in the light of divine love.

Just as at a certain stage, it is impossible for the twins to avoid separation, sooner or later, it will become impossible for them to remain apart. No matter how far apart you and your twin are physically, your souls remain connected. It is through that connection that you will find one another again, to experience your own and each other's higher selves, and to love unconditionally.

### **Flame or a False Twin Flame – How can you tell?**

A connection that may feel like your twin may actually be something called a False Twin Flame. While a genuine twin flame will enrich your life by helping you address your issues, overcome your fears, and discover the full depth of unconditional love for each other, a connection with a false twin will be a destructive force in your life. They will make you feel terrible, like your life is being drained out of you – and yet, you will continue feeling irresistibly drawn to them. Despite all the negativity and the toxicity, despite knowing they are bad for you, you will find yourself coming back to them, like an addict to a drug.

However, that does not mean that the only reason a false twin is present in your life is to make you suffer. Just like with the real twin flame, a false twin connection is predetermined before your birth, and its purpose is to help you with your awakening. It is a painful, but often necessary way to make you stop tolerating abuse, and learn to be more in touch with yourself, God, and the universe. You cannot join with your true twin flame until you learn to love yourself – because your twin is you, and when you don't love yourself, you cannot truly love them, either. This is why a false twin will help you along the path to your real twin flame, by making you realize and confront the fact that you are not truly loving yourself.

The love you feel in a connection with a false twin is only an illusion. A relationship with them will teach you about everything that is on the flip side of actual love – such as ego, jealousy, possessiveness, fear, desperation, co-dependency, and other similarly ugly feelings.

Despite the addictiveness of a false twin flame connection, you will have to learn to let go of it, sooner or later. The only way to achieve that is to achieve self-empowerment yourself, overcome your fear of abandonment, and let go of co-dependency. Then, and only then will you be able to conquer your inner demons and raise your vibration, in preparation to meeting your real twin flame.

If you look inside yourself, you will admit that deep down, you always knew that your connection with a false twin flame was not meant to last, but was only a catalyst, preparing you for things to come. Namely, it was there to prepare you for meeting your real twin, with whom you can truly discover unconditional love and unite at the highest frequency possible.

Unlike a false twin, who will magnify your darkest fears, a real twin flame will help you overcome them. Eventually, you will come to realise that you and your twin flame are always one, and never truly apart. While both your egos might get in the way at first, the harmony between your souls will linger, and ultimately lead you to a place of peace and balance.

Quite often, people cannot recognize their false twin flame as being false, until they meet their real twin. Then it becomes obvious to them that the false twin was there to teach them the lessons they had to learn in order to grow and be ready for their true twin. Having risen above your earlier fears and shadows, you will be able to unite with your real twin flame, and you

two will help each other grow, working out any ego problems you may be facing, and joining in your divine life purpose.

### **Romantic love vs. true love**

The stories of stereotypical romantic love that books and movies are so full of make us believe that as soon as we find our perfect match and fall in love, all our problems will be solved, and we will live happily ever after. Have you ever wondered why this storybook scenario never happens in reality?

Romantic love is all about euphoria, ecstasy and infatuation, the thrill of the chase and the sweetness of winning your mate over. According to people in the dating world, what is the most important thing on the first date? Not to find out what the other person is really like – but rather, making a good first impression. The second, third, and fifteenth dates aren't that different. Even when we share some things about our lives, thoughts, and feelings, we never really reveal ourselves to the partner in the entirety. We keep parts of our personality hidden, afraid that our partner will find them disappointing. We refrain from mentioning certain episodes from our past, afraid that they will be held against us. In short, both parties of a romantic relationship are trying to meet each other's expectations – or what they perceive as expectations, because we are not always upfront about those, either, for fear of being considered rude and demanding.

The result of this game-playing in a romantic relationship is much more often a breakup or a divorce than a "happy ever after." Those who don't have the courage to break it off can stay in a loveless relationship for years, resigning themselves to the thought that no one will love them the way they are, and presenting a more "loveable" front is the best they can do.

The sad thing is, that staying in this sort of romantic relationship and constantly wearing a mask for the sake of an unrealistic happy ending stifles us and stops us from becoming a whole person. True love, on the other hand, has nothing to do with pretending to be someone you are not. It is not co-dependent, but allows genuine intimacy, when you and your partner can see each other for what you really are and acknowledge the fact that neither of you is perfect. In a relationship of true love, the lovers are nurturing, challenging, and encouraging each other to grow, acting as a catalyst for one

another's personal and spiritual development.

True love does not impose control on the other or make demands of them – unlike passionate romantic love that can lead to possessiveness and jealousy. It also does not wax or wane depending on our own state or the actions of our twin, but remains a constant, much like gravity. Ultimately, true love is perfectly selfless, because the thing we want the most is our twin's happiness, even if that means letting them go their own way and be in a relationship with someone else. Whatever the case, we would never hurt them on purpose.

Another hallmark of romantic love is the need for constant reassurance of the continuing affection. Romantic lovers feel the need to communicate all the time, and compromise for the sake of maintaining a state of agreement between themselves. These external expressions of love are necessary because romantic love lacks the inner resonance that is ever-present between twin flames joined in true love. Twin flames need no externally expressed reassurance or validation from each other, because they continuously feel their connection in their soul. It is only when twin flames are still stuck in ego that they seek validation, but deep down they always feel they are one. The need to bargain and compromise is also largely eliminated, because twins tend to be on the same page in most things, owing to their telepathic connection.

While romantic love makes people hide behind masks, true love is the reason to tear away all masks. Our twin flame loves us for what we really are – but how can they see the real you, if you yourself won't see that person? You must be brave to be perfectly honest with yourself, and strip away your fears, self-doubt, and any protective barriers you have built up in order to try and live up to social expectations. True love is your chance to rediscover who you really are and let go of those social expectations.

### **Love by choice, not through lack of**

Romantic love is the kind of feeling that inflicts itself on you. You don't fall in such love because you choose to – in fact, you often end up staying in a relationship for reasons of compulsion rather than sincere choice. Relationships that start out as romantic love can turn co-dependent, are often plagued by fear of abandonment and jealousy brought about by low self-

esteem, and can turn into an obligation. If you are staying in a relationship out of guilt, or a sense of duty, or because you are being emotionally blackmailed – you are not doing it out of choice, and it has nothing to do with true love.

Twin flames (once they are awakened and fully trust the connection) don't feel the need to control each other – all they want is for the other person to be happy. A twin does not put pressure on the other, or make demands, or hound them when they are truly ready to unite. Even when a twin flame pursues a relationship with another person, the other twin wishes them happiness and accepts the existing state of things as necessary for growth. There is no room for co-dependence where true love is involved. A person feeling that kind of love knows, inside their heart, that things meant to happen will happen, and no amount of attempts to control them will amount to anything. However, it can take a while to realise this even with a true twin flame.

A person who is experiencing mature love and is ready to unite with their twin flame will never say things like "I can't live without you" or "you must be with me." True love always leaves choices open and never forces people to compromise any part of themselves in order to be loved. Truly loving someone means having them without owning them, without feeling the need to control them or to constantly be reassured. Instead, you will experience stability and confidence of feeling, knowing that you and your twin flames are sovereign beings, enriching each other's lives through your true love.

### **The challenges of true love**

An important thing to remember about true love is that you cannot demand anything of the other person – including answers, explanations, or relief for any confusion and turmoil you may be feeling. True love is real; anything and everything else you feel is your own product. This includes jealousy, frustration, confusion, and feeling like you are being ignored or abandoned. Has your twin flame severed all links with you, and refuses to communicate? Did they return to an old relationship, or started a new one? Are they denying your connection? Whatever the case, they will not provide you with an answer – just as no one else will. All answers you need lie inside yourself. The only thing you can do for your twin, if you truly love them, is continue practicing love and acceptance. Your twin is doing their

best, so do not blame them for their best not fitting your schedule. Let them do the work they need to do in their own way and on their own time. Acknowledge any negative feelings you may be having about it, and let them go, until the only thing you feel for your twin is love.

Another thing about true love is that it is ultimately two-sided. You can only love someone as much as you love yourself – but most of us have a lot of problems with self-love. Then, when our twin flame comes along, we discover more about ourselves, and feel more exposed than ever. It seems that this new self we see, with all the unresolved issues and imperfections we've been ignoring or denying, is even more difficult to love than the person we thought we were. And yet, someone claims to love you, warts and all – after only knowing you for a relatively short length of time. Your fears and doubts may try to lead you into disbelief, telling you that your lover does not see the real picture of you, and is unaware of your flaws. This can make a twin flame run because they fear that when you discover the "real" them, you will be disappointed and abandon them.

True love gives us the ability to see an imperfect person as someone perfect for us. It does not deny or ignore the flaws, and does not try to focus on the positives as a way of offsetting the imperfections. For a twin flame, it is actually impossible to fail to see the flaws of the other person. But instead of being discouraged by the imperfections, we love them as much as every aspect of our twin, because their shortcomings are an integral part of what they are. And, no matter how terrifying this may feel, the same is true for us. Our twin sees inside our soul, and accepts us the way we are. This kind of acceptance creates a whole new level of intimacy.

### **Divinity in human form**

Relationships based on romantic love tend to have a certain life cycle. The supply of romantic love is ultimately finite, and it is depleted, bit by bit, in every instance when it is not reciprocated, or when our lover's words or behavior upset us. Lack of constant reassurance and external reciprocity of romantic love makes us feel undesirable and, if that pattern continues, unloved. Ultimately, our infatuation crumbles away, and we either break the relationship off, or remain in it for reasons of guilt, obligation, or co-dependence.

True love, however, exists outside of time and is therefore not affected by it. It has neither a beginning nor an end, and thus, does not unfold in a linear progression. The purpose of true love is to help us transcend our ego and pride, and show us the divinity that lies inside of us. True love does not just connect us to our twin flame – it connects us with God, and with our true self. Because true love is divine, it can never diminish or fade away. It is eternal and enduring. It does not change depending on what our twin flame does, and does not stop in the face of their imperfections.

True love for our twin flame is divine in origin. It calls us to love ourselves and our twin flame, which are the same as our soul, love them unconditionally. By sharing true love, twin flames act as the divinity in human form. As they let their love for each other flow freely, it can no longer be contained to the two of them, but expands their hearts to become an overflowing fountain of love for the universe, God, and everyone. There is no end or limit to divine love, and the more love we draw from this fountain, the stronger its flow will become. For twin flames, giving love to each other is an effortless process without even the slightest hint of selfishness. Twin flames love unconditionally, celebrating their love in the eternal NOW and nourishing each other spiritually.

You will have to be patient before you reach this state of effortless, unconditional loving. The dance of the twin flames calls for a full surrender and complete trust in God's will and plan. Once we surrender and let our love flow, we will allow God to work through us and let His plan unfold. True love is endless and limitless, and when we set it free, it returns to us, magnified greatly, because that is the true nature of divine love.

No matter what stage you and your twin flame are going through, you must always make the choice to love them, without pride, assumption, or expectation. Trust the mystical dance of the true twin flame love to take its course, and know that twins who are meant to be together will be. Surrender yourself to love, and let your twin flame light your path and help you on your way to your true self and God.

## **Twin Flame Stages**

### **Stage One: Preparation**

Many disregard this as an actual stage, but I personally think it is an extremely important part of the Twin Flame Reunion process. The Preparation Stage is everything that happens to the twin flames before their initial meeting in the physical. It's the karmic relationships the twin flames pre-planned before incarnating that would break their hearts and kick-start the longing for finding "The One".

Often twin flames decide upon a difficult childhood and difficult romantic relationships in early adulthood. Why is this? Well let me start by explaining that a soul will decide to incarnate into more than one body (become a twin flame) and decide to meet the other part of themselves in order to have the most intense growth lessons possible in that lifetime. You see, twin flames are the most challenging connections when it comes to mastering true love, both for self and each other.

Twin flames only decide to meet in the physical and have the intention of physical reunion when they are very advanced souls already and are well prepared for extremely difficult life lessons to do with (lack of) love and abandonment. Their level of soul achievement from previous lives enables them to handle intense childhood and adulthood karma at the soul level, even if their ego believes they can't cope with it at the time. A soul never chooses lessons (karma) it knows it isn't ready to tackle.

This too gives us hope because for this reason, we chose the twin flame relationship for this incarnation because we knew that we can "tackle" the lessons and achieve reunion. Yes, there is always free will in the mix, but if you choose to work through these stages, even if your twin flame is running right now, your increased awakening, surrendering and healing will cause your twin flame to awaken, surrender and heal too. I will go more into this further on.

Some twin flames even experience a false twin flame as mentioned above and they once thought to be their twin flame before meeting the real deal. This connection will have been extremely challenging and most likely abusive. Such karmic connections are very destructive under the false pretence that it is love, when in fact it is often the exact opposite.

Such difficult karmic connections, whether a twin flame or other type of karmic relationship, prepare the twin flames by arousing the pain and fears of abandonment, manipulation, helplessness, heartbreak, devastation, possessiveness and namely, co-dependency.

These karmic connections cause us to become very defensive. They make us erect walls that we hide behind to protect ourselves. We become extremely cautious about opening our hearts again to anyone else. Many twin flames have given up on love at this stage and feel they can never truly attain it. And this is precisely the time that the twin flame will enter, because they have given up expectations of love which were causing them to try and control their love lives. Giving up on love (what they *thought* was love but wasn't) actually allows true love to enter.

The female, who is often the more intuitive of the two, will usually have learned quite a bit from her karmic connections. Often, the female will have already had a spiritual awakening of sorts before meeting the twin flame. However, for many male twin flames, not being supported by society to feel their emotions, they have not dealt with the hurt of their karmic connections and have simply buried the hurt and avoid opening themselves to true love again for the fear of history repeating itself.

Both the male and female often blame themselves for the failures of their past karmic connections. At this time they don't fully understand or have any clue that these karmic connections happened for a reason. They don't realise that all these hardships are designed to break their hearts and make them abandon "love" (their false perception of it).

They don't realise that they were setting themselves up for the ultimate test of unconditional self love, regaining faith and surrender, all of which are so much harder to do once the heart has been shattered already so many times. If life had been easy prior to meeting the twin flame and the twins had received lots of love and everything had been lovely, then the challenge would be too easy with the twin flame and very little expansion would occur. Only through experiencing such intense hardships and then meeting true love after we've already closed up the love shop are we tested so intensely to

overcome our fears of getting hurt again that massive leaps and bounds in healing and expansion are achieved.

This is how we expand our love further, through overcoming great hardships and coming out the other end much wiser, much more in love than in ego.

## **Stage Two: Recognition and Awakening**

Some twin flames experience an instant soul recognition, whilst for others it's more of a gentle realisation over time. Sometimes one twin flame will realise way sooner than the other (depending on how open to their intuition they are) but in other cases the twin flames come to recognise each other's souls around about the same time. All twin flame couples are different and no way is right or wrong when it comes to this.

When the twin flames meet in the physical, their souls already know each other and even if they don't consciously realise they are twin flames right in the beginning, their soul and energy bodies will know straight away and the heart chakras will begin to merge into one.

The twin flames can get along very well in this stage and some even start a relationship together full of joy and love. Many will still not consciously know that this is their twin flame, but they will just know that they have never felt so strongly about anyone else ever before in their whole life.

They share a strong telepathic bond which is there instantly in this stage (and has always been there before they even meet).

## **Twin flame telepathy – the language of the heart**

We are always sharing our energy with other people. This is an involuntary process that happens outside of our control. In the case of twin flames, this phenomenon is particularly fascinating. As both halves of a twin flame couple have the same soul resonance, and vibrate at the same energy frequency, their energy sharing transcends to a whole new level. It is a mixture of empathy and telepathy, which allows twin flames to sense each

other's thoughts, feelings, and wishes.

In a conversation with our twin flame, we often find ourselves amazed at how "tuned in" they are. They can finish our sentences and bring up things we are only inwardly thinking about, taking words out of our mouths and thoughts out of our mind. Many a time, they will call or text us the very moment we reach for our phone to contact them, or we will find a message from them in our inbox just as we go online to write them an e-mail.

As the love of the twins for each other grows, so does the telepathic connection between them. This happens because telepathy reflects an energetic resonance, so the deeper the oneness and the stronger the bond between the twins, the better both will be at receiving and translating each other's telepathic signals. Our whole being – body, mind, heart, and soul – is required to receive, transmit, and interpret these signals. They are sent through the heart chakra (acting as a transmitter for mental and emotional information) and received through the crown chakra (which serves as a connection to our higher self, the universe, and the divine). The mind then translates the energy received by it into a language understandable for the recipient.

An energy connection of two twin flames creates a telepathic communication gateway between them, founded on their feeling of intense love for each other. The heart chakra is central to this process. In an energetic body, the heart is a much more powerful thinking, knowing, and feeling center than the brain – in fact, the electrical field generated by the heart is 60 times bigger than that of the brain, while its magnetic field, as much as five thousand times.

Therefore, telepathy requires opening of the crown and heart chakras. Spiritual awakening often helps open these chakras, enabling us to enjoy the telepathic connection with our twin flame to the fullest.

In this stage the twin flames may not be fully aware of their telepathic bond on a conscious level. One or both may still be trying to rationalise this phenomenon into something "more believable" or coincidence.

### **Ascension of the heart**

As the twin flames grow spiritually, their energetic bodies will merge more and more, giving rise to ascension that purifies their hearts. Ascending hearts are opening themselves up for the deepest and most sincere communication between one another. As the twins merge, they gain new spiritual abilities by sharing the codes to each other's souls. This gives them the capacity to sense each other's energy and thoughts – even when they are apart physically.

The telepathic ability of the twins may differ, depending on the work each one of them does spiritually. The twin that has advanced further on the spiritual path will have a stronger ability to transmit their thoughts and feelings telepathically to the other.

Sharing a telepathic connection allows the twins to experience each other's minds as their own. You may find your twin fulfilling wishes that you have not yet vocalized, or giving answers to questions you didn't speak aloud. People who have experienced this connection describe it as feeling that the two minds were one, to the degree where it was difficult to draw the line between their own thoughts and their twin's.

We may not always be able to tell whether our twin flame is communicating with us consciously, or whether the telepathy is one-sided at the moment. We can be experiencing our twin's mind on several levels at once – for example, when they are consciously thinking about us (engaging their mind), while also unconsciously sending us signals of love and assurance (that come from their soul). Since this communication occurs between multidimensional beings, it is difficult to be clear-cut here. Besides, this telepathic connection works beyond the boundaries of space and time that we are familiar with.

The twins may find these experiences confusing at first, but will understand them better through further awakening and spiritual growth. As each twin gets more in touch with their higher self and evolves spiritually, they will invariably become aware of the telepathic link between their own heart and their twin flame's. When the twins reach surrender, they will come to appreciate this way of communication even more, and learn to understand its subtleties. The loving energy of a telepathic connection will become an ever-present source of comfort and spiritual nourishment for the twin flames.

### **The ultimate truth in telepathy**

The telepathic signals we receive from our twin through our heart chakra can never lie to us. Verbal communication, however, can be very misleading – as a human may be saying falsehoods without intending to lie. The combination of these two facts can provide for a very frustrating inconsistency in communication between twin flames.

For example, your twin, triggered into running, tells you that they don't want to see you again – even if just recently they acted like you were the most important thing in the world. You hear their words with a conscious mind, while your heart chakra is still receiving the energy of unconditional love from their soul. This imbalance between the internal and external signals can cause a lot of confusion and pain. In situations like that, you must remember that it's the internal message that is the true and important one.

Telepathy, being a language of the heart, transcends all linguistic, religious and cultural barriers. For twin flames, it also means the ability to see past each other's spoken words, and unmistakably determine their authenticity. An awakened heart is also a fool-proof lie detector, which is why twin flames can never lie to each other – or, for that matter, to themselves.

On one hand, a telepathic connection makes it easier to address the issues that your twin may be facing, even if they are unwilling to voice them. On the other hand, being able to see the truth about each other, with no place to hide, can be a terrifying experience. Imagine someone becoming aware of the feelings you have not yet admitted even to yourself, and therefore forcing you to confront them. It is no wonder that we often find ourselves running from our twin flame, as we aren't always prepared to be this vulnerable and readily expose ourselves.

However, whether we admit our thoughts and feelings or not, whether we face our unresolved issues or run from them, whether or not we are ready to address the problems that our twin flame connection has thrown into sharp contrast – one thing remains true. You can never hide anything from your twin flame, because they feel everything you feel. When your thoughts and words don't align, your twin will sense it. The only thing you can do is muster the courage to accept this feeling of unavoidable vulnerability, and face your demons. That is your only path to spiritual growth, and to your true, awakened self.

## **Different expressions of telepathy**

The telepathic connections of the twin flames souls can present itself in a number of ways. In fact, a psychic connection with your twin can manifest long before you meet them in person. Many people say that they have been aware of their twin flame for years before their physical meeting, sometimes since their youngest years. This form of telepathic awareness of your twin flame can be present in the dream state. Twin flames often have the same dream, as well as reoccurring dreams of each other.

In a conscious state, we can detect the telepathic connection to our twin in different forms. When our twin's soul is reaching out to us, we pick up their unmistakable energy. Our pulse may quicken as we are filled with the feeling of their presence. We can experience it as suddenly being able to smell their scent. In some cases, we can even feel them on a physical level, being surrounded by warmth as if in their embrace, or feeling a gentle touch, as if they were stroking our face or hair. You can get such "visits" from your twin at any time, even when it's not convenient for you – for example, in a business meeting. But if that is the case, you can send your twin's energy away for a while without fear of offending them. That will not diminish the love of their soul for you.

In addition to a physical experience of the connection to our twin, we can sometimes become a conduit for their feelings. When a twin is overwhelmed by strong emotions, they can spill over the telepathic link to the other twin, often unintentionally. So you may find yourself feeling suddenly angry for no reason, or experience a random burst of happiness, or start crying over nothing. If you are well-aware of your own self, you will be able to recognize these emotions as the feedback from your twin's telepathy, and let them go instead of letting them overwhelm you.

Another thing that you will come to notice when in a twin flame connection will be the unusual number of parallels and similarities in the daily lives of you and your twin. Since the thoughts and feelings of one will also be shared by the other, the twins will often end up doing similar things, developing the same taste in art and music, even picking up the same books. You may wake up on a Saturday morning and be unexpectedly inspired to go kayaking – even if you've never done that before – completely unaware of the fact that your twin is spending their weekend in that exact fashion.

No doubt, one of the most astounding opportunities that come with twin flame telepathy is the ability to telepathically converse with your twin. It may start as them replying to something you thought, but didn't say out loud, and then develop into full-blown conversations taking place entirely inside your head. These talks can go on for hours, sometimes till very late at night – to the point where you can fall asleep in the middle of the conversation, only to be startled awake by more mind chatter, a few hours later.

People who have experienced Kundalini awakening are particularly prone to frequent and intense telepathic conversations with their twin flame. They describe these talks as being relevant to the recent and current events, and very much resembling a conversation they would have with their twin if they could talk face-to-face – telling each other of their spiritual growth and recent insights, planning the next steps, and reassuring one another of their love and trust.

When awakened twins are in each other's physical presence, they have a great chance to validate their telepathic experiences – because telepathy certainly does not dissipate when you are meeting your twin flame in person. Some twins have found that they can literally touch each other with their mind. One twin would think of touching the other in a specific way, and the other would instantly experience the action, as if it had been done physically, even though they were definitely out of the first twin's reach. The sensation experienced by the second twin can match the touch imagined by the first one to the minute detail.

### **Discover the twin within**

Twin flame telepathy can work in different ways and be manifested in different fashions. It can bring great amounts of happiness and joy to the twins, as well as challenge them to face unresolved issues with honesty and bravery. But in each and every case, the twins' ability to feel each other outside of physical presence is a crucial element of their becoming whole. Before we can be reunited with our twin flame, we have to discover the so-called twin within – our twin's complimentary energy that is present inside your heart and shapes part of who you are. It is only when you stop doubting and denying the energy of your twin inside you that you will be able to achieve your own wholeness.

Because of this, it is very important that each half of the twin couple works to keep their heart open, allowing its energy field to connect to their twin. Once you are freely exchanging unconditional love through your telepathic connection, you will be able to achieve balance on the inside, and bring yourself into alignment with the divine will. As your open heart overflows with love, you will radiate it outwards, not only towards your twin, but to God, universe, and all of humanity. Your twin is your soul, and you cannot love one without embracing the other.

### **Twin flames and Kundalini awakening**

In this second stage of the twin flame reunion, the twins will also experience a Kundalini awakening. Kundalini is a term used by many Eastern spiritual traditions to describe a potential force that lies dormant in the human body. In Sanskrit, the word "kundalin" means "circular" or "coiled," and the energy that is Kundalini is described as a metaphorical sleeping serpent that lies coiled at the base of the spine, waiting to be awakened. It is a primal force that animates all life.

Awakening Kundalini puts a start to the unification of the body, mind, and soul, and sets in motion a process of profound enlightenment and spiritual growth. In this stage of recognising the twin flame, this is a subconscious occurrence for many and they live blissfully in its euphoric energies temporarily until this honeymoon stage is over and ego tries to take back control in the next stage.

Kundalini awakening expands our consciousness and connects us to all living being, including, ultimately, God. A person with awakened Kundalini becomes able to see the truth of Oneness, which is a singular truth seen by everyone who has reached self-realization. A runner twin flame will feel this deep doubt but later begin to doubt it and run from its intensity.

Kundalini is a spark of divine energy that is tightly wrapped around the root chakra. Spiritual awakening ignites Kundalini, causing it to move through the rest of our chakras. As it passes through each chakra, or energy center, the Kundalini fire clears all and any roadblocks in its way, by making any negative emotions rise to the surface for us to deal with. After removing all blockages in its way, the Kundalini energy reaches the crown chakra at the

top of our head, to finally meet with the descending flow of energy in an experience known as Kundalini awakening. As Kundalini melds with universal consciousness and God, we awaken to the conclusive proof of the existence of God and discover how to go through human life as divine beings.

### **The reasons for and pathways to Kundalini awakening**

An awakened Kundalini opens our "third eye," allowing us to connect to the spiritual and divine realms and commune with God. It enables us to receive inspiration, vast amounts of universal wisdom and knowledge, and imbues us with powerful intuition. It is often the feminine (but not always) that settles into working with their increased psychic powers very easily once they meet their twin flame masculine. However, for many masculine twins, it's a lot more difficult for them to tap into their intuition and know how to trust it. In this second stage of twin flame recognition and awakening, the masculine will feel the shift within him on a more subconscious level. But many struggle to release their social conditioning of living through logic as determined to be truth. They simply haven't been taught to trust their intuition and it has been buried their whole life. This can cause them to move into the third stage which is crisis, when they are stuck between intuition and logic.

The benefits of Kundalini awakening are numerous, and have been acknowledged by various spiritual traditions. Different religions and practices suggest different pathways towards this kind of awakening. They may include meditation, spiritual exercises, special breathing practices, and prayer. Consider the Muslim praying position: the contact of the forehead with the ground seeks to awaken Kundalini.

Some methods and practices aimed at Kundalini awakening are more active, and others rely on more passive means. Among them is the path of surrender, where one does not actively seek awakening, but rather, lets go of all and any impediments in its way. Such passive awakening is called shaktipat, and can sometimes occur with the help of someone whose Kundalini has been awakened and who passes a spiritual spark to the other person. While the two parties can be referred to as "teacher" and "student," this spiritual transmission is not always intentional, and can take place in a physical encounter, or an ethereal one. This kind of encounter is a temporary ignition

of Kundalini, and does not replace a full awakening, but it helps the student feel what Kundalini awakening feels like, and use that experience as basis for their own illumination. On the other side of the spectrum of active and passive awakening methods are cases when Kundalini is triggered by external influences. These may include emotional trauma or near-death experiences.

### **The effect of twin flame connection on Kundalini**

When you come in contact with your twin flame in this stage of recognition, you will be sparked into remembering your true nature. In fact, the very reason the twin flame is sent to you is to help you rediscover your infinite and immortal soul. Releasing the Kundalini energy requires a great amount of force, and the complimentary polarities of the twins' energetic bodies is a powerful enough catalyst for that to happen.

A connection between twin flames ignites the Kundalini fire inside them. This can happen through different means of contact, often as a result of sexual union. But because the twin flames are connected on a soul level, through the five-body system, physical contact may not be required to put a start to Kundalini awakening. Any contact, like spending time with your twin flame, hearing their voice, even communicating online, can ignite Kundalini.

Whatever the degree of contact with our twin flame, Kundalini awakening does not happen overnight or at the click of our fingers. It is a gradual process that can take years, as the energy works its way to the crown chakra, gradually bringing up issues and problems that we have to face in order to let the energy keep moving up. And while physical contact with the twin is not necessary for Kundalini awakening, the process can take longer if the twins hadn't consummated their union.

Kundalini awakening is a remembrance of the oneness that the twin flames shared before this lifetime. After the twins experience Kundalini awakening, they will uncover some spiritual abilities they didn't use to have – such as telepathy, giving them access to each other's thoughts, feelings, and energy. This new level of connection will bring the twins even more joy, as they feel their unconditional love flow. However, even that is not yet a guarantee of the twin flames' being ready for physical union. Both of them have to

balance their energies and walk the path of spiritual development, knowing that every step they take is preparation for their final union. At certain stages of our spiritual awakening, we can see our future with our twin flame, with clarity and confidence, but seeing something up ahead that doesn't magically transport you there. Your physical union will be the final stage of oneness, after you and your twin have already intertwined into a single being on the soul and energy levels and rediscovered your true selves.

### **The symptoms of Kundalini awakening**

As the Kundalini energy passes through different chakras during the awakening process, you can experience a variety of physical symptoms. Depending on the chakra being activated at the time, you may feel cold or hot sensations in different parts of your body, muscle twitches, tingling, flushes or fluttering.

Kundalini symptoms will differ as the energy goes through each chakra along its way. When it reaches your heart chakra, you may feel a tightening in your chest, a burning sensation in the heart area, and a quickening pulse. You will find your emotions bubbling very close to the surface, and you may easily dissolve into sobbing or explode in a fit of anger. When the Kundalini energy reaches your throat chakra, you will experience a burning need to speak the truth, to pour out the thoughts and feelings you have been suppressing for years. This stage is accompanied with a soreness in our throat, and a tense ache around your neck and lower jaw. Then, upon reaching our third eye chakra, Kundalini will give us headaches, and a feeling of tension around our skull.

Finally, when Kundalini makes it all the way to our crown chakra and opens it, we will be overwhelmed with a full-blown expansion of consciousness. The physical side of this varies from person to person, but some people have spoken about feeling a divine light inside them, a sensation of complete and utter bliss, and even temporary full-body paralysis. A person will be inundated by crashing tidal waves of love, joy, compassion, and bliss, spontaneous and unpredictable. You may also experience psychic phenomena, like remembering your past life, becoming aware of chakras and auras, having dreams and visions, and coming into contact with spirit guides. The awakening will also cause your creativity to skyrocket, and you may find yourself irresistibly compelled to make art.

While Kundalini awakening is a huge milestone on the spiritual path, humans don't become spiritual beings overnight. An ignition of Kundalini and opening of the crown chakra give us a glimpse of a higher reality that we can eventually become a part of – if we have the strength and courage to shed the things that are holding us back, and address the issues we are yet to face. Kundalini awakening shows us that this task is possible, and gives us tools to accomplish it, but no one but ourselves can do the work we need to do. It is a long journey that lies ahead of the twins, but they can draw strength from the promise of peace that they have already glimpsed at the end of it. The more we focus on removing all old lies and illusions from our depths, until the only thing remaining is the truth that is love, the closer we get to becoming our true self, and joining with our twin flame in God's light.

This blissful stage usually ends when one twin flame's ego comes back into awareness and starts trying to pick everything apart. The ego knows that it's been thrown into the initial stages of Ego Death to enable soul truth to be in the driving seat and it is petrified of losing its control. So then it starts shouting even louder, weaving doubts into the connection, trying to break it apart so it's no longer a threat.

### **Stage Three: Testing What's Real**

This is the stage where problems arise between the twins. In this stage I will explain why problems arise and how you can best overcome them and even work with ego to awaken further.

### **The male twins need for logical attraction**

Often in this stage the female will consciously awaken but the male will only consciously recognise "something" different about their twin flame compared to other women. For the males, the soul knowing is often only experienced subconsciously at this stage. The females often fully embrace their intuition that he is "the One" and that they share a sacred soul connection, whereas many male twins are still in their logical minds so tend not to trust their feelings at this stage. All the males can logically see is that they like this girl very much, or they may even allow themselves to admit

that they love this girl, but at the same time they doubt it's love so soon because logically he thinks he's only just met her.

The more the female is sure of her intuition that he is The One, the more she will express her excitement and open up all her feelings to her male twin. But because he doesn't yet know how to open up to his intuition and trust it or doesn't even know that he should even think of embracing his intuition, he starts to feel pressured and a ton of doubts begin to arise. She seems so sure and he begins to feel very unsure because he believes it's impossible for her to be so sure because logically they have just met. So then he starts to think that she must be projecting neediness onto him instead. He takes her excitement and full trust that he is her "soul mate" to mean she is just desperate and he begins to feel rejected because he assumes she would just project all her fantasies of a happily ever after onto any man who happened to come along at that time. Her certainty actually pushes him into uncertainty in this stage.

From my years of studying twin flames and talking to many female "stayers/chasers" I have come to realise that on the whole, most women are completely clueless about how hard it really is for a man to tune into his emotional side. Most female twins believe their male twin is withholding his feelings just to be stubborn and controlling. They are absolutely clueless as to why he doesn't just open up to her or why he seems to withdraw even further the more she opens up to him.

But in general, society looks down on men feeling and expressing emotions (other than anger), so many men have HUGE amounts of emotion bottled up. They are ready to explode with emotion and that is why they try to keep the lid on it all the more. Their emotions are like those snake in a can pranks, they are afraid that if they lift the lid, the snake of their emotions will jump out and get them. In this way, men actually feel their emotions MORE intensely than women when they do come out. There will be years, if not decades of pain, anger, self-loathing, bitterness, longing, sadness, disappointment, fear, abandonment issues all tightly sealed in that can within them. So they avoid feeling their emotions too intensely at all costs, including the happy ones such as love because they know this will open that

can and let the rest out.

There comes a point in this stage where the male begins to fear that snake within them that's locked up tight. They fear their emotions will consume them, pull them under and that they would never recover if they allowed that to happen. They don't know how to process and cope with their emotions when they do come up because they have never been taught how to effectively. Emotions are a threat and therefore he sees you as a threat because you are the one that makes his soul want to open that can.

Also, feeling and expressing emotion makes many men feel weak bause they are taught to "man up" and that "boys don't cry". This male attitude towards emotion partly contributes to why our society often considers women "weak" when they are "too emotional". They do not understand that women know how to cope with and process their emotions much better than men as a whole, and that it's a great strength to be willing to become vulnerable enough to face one's painful emotions.

So how does the female stop the male from going into such intense uncertainty and defence in this stage? She must hold back a little her expressions of certainty that he is the one for her. I know many will condemn this as being dishonest, withholding or game playing, but it is not! If you are so certain without demonstrating you can grasp logic too, then he will just think you are away with the fairies and it will cause him to doubt. He needs to see that you are capable of logical thought in order to trust that your feelings are real. If he sees you are just "knowing" he is The One based purely on intuition, then he will think your judgement can't be trusted and therefore you are loving him on a whim which could change any second.

Male twin flames need to see that you love him for logical reasons too, i.e. what he does for you, the way he helps you, supports you, cares for you etc. You need to be able to demonstrate that you love him for actual actions he has performed for you, or else he will just think you are imagining up some fairy tale fantasy of who he is rather than recognising who he *actually* is. So how do you achieve this? You show him how much you are thankful for the little things (and big things) he does for you. Tell him exactly what he *does*

that makes you love him. He needs to see that you love him because of his actions of kindness and support towards you. Then he can see you have logical reasons to love and appreciate him and it's not all just some desperate fantasy you have made up in your head that could vanish in a nanosecond.

Also if you can resist the temptation to blurt out your feelings that he is The One, your twin flame until he at least comes to that realisation himself, then it allows time to pass so that he can feel that you logically came to this conclusion over time. If you tell him this too quickly, again he will doubt you and think you are just projecting a fantasy out of desperation onto him.

Men are taught to follow logic and suppress their emotions. Therefore they do not trust their own emotions even if they are telling him you are The One too early on. They cannot trust you to be "in your right mind" if you are just going with your emotions alone either. They need to see that you have involved some logic as well as your emotions, or else they will just think you are emotionally unstable and needy. If you hold back your certainty and gauge when to express more based on when he expresses more first, then he will think you involved your logic too.

You may think this is silly, but in honesty, if you hold back from blurting everything out straight away, you too are forced into taking the time to see how he actually treats you too, to see if he does deserve a place in your life. With some twin flames you do need to create healthy boundaries for yourself if he is mistreating you, because twin flame or not, you need to love and respect yourself and put yourself first. Taking time to see how he behaves around you helps you to balance your head and heart. Many female twin flames get so caught up in their intuition that they allow their logic to be completely eclipsed and often this does lead to them accepting less than acceptable behaviour from their male twin flames.

Men know women easily fall into this habit of ignoring their intuition and just following their intuition when it comes to relationships. They see many, many women staying with and clinging to men who use, abuse and mistreat them because they have put their logic aside. There needs to be a balance and you must demonstrate you are balanced in this way or else he won't feel

he can open up his emotions to you. The last thing he wants is to open himself up to you for you suddenly realise you were lost in your emotions and wake up logically by thinking "Okay I was wrong, he's not The One". So many women do this. They project a fantasy image of their ideal man onto their current love interest and then when the man opens up to her and allows himself to get emotionally attached, she realises he wasn't what she thought he was and she leaves him.

Men and male twin flames are especially afraid of this happening with you. Until you can show him that you are logically attracted to him for what he offers you, as well as emotionally attracted to him, he won't be able to fully open up to you or the connection because there will always be this underlying fear that you aren't really loving him for who he is and once you see who he is you will reject him.

Now I know some will be reading this and thinking that logic is just male ego and it should be banished in this connection, BUT in such an early stage of the connection, the ego will still be present and highly active in the male and their ability to trust their intuition will likely be low. In truth, logic is actually needed in both the male and female. It is logic that creates healthy boundaries and without it we are often vulnerable to being taken for granted and mistreated.

The female must work with their male twin's logic, not against it. If you try to battle his logic or his ego, and tell him it's wrong and he "should be more intuitive" or follow his heart, it will trigger his ego to fight back stronger and create more doubts about the validity of your connection. This will only make him back off more.

### **Dark forces against your connection**

This is the stage where other dark forces can try and interfere with the connection. The intense light that twin flame connections create often highlight other people's shadows. This often translates into other people becoming very jealous of the connection or of one of you and trying to split

up the twin flames. They can create a lot of confusion for one twin flame in particular by trying to poison them against you and pull them back into ego.

In our own personal experience, myself and my twin flame have both had jealous friends in the past who could not be happy for us and would often spread gossip about us behind our backs. These were "friends" we had known for decades. The light of our connection seemed to make some people very uncomfortable and sparked a lot of bitterness that they projected onto us.

Where there is light, there is also shadow, so this is something many twin flames go through in their connection. Sometimes these souls agreed before birth to be this way towards the twins in order to highlight ego at it's worst so the twins can choose a different existence born out of love. "Twin Flame Haters" as I call them, highlight the darkness of ego to illuminate the twin's light to each other in comparison.

### **How Kundalini Awakening can cause your twin flame to question what is real**

The combination of Kundalini awakening and meeting our twin flame can exert an immense amount of pressure on our energy body. A meeting with our twin is an intense event that causes a lot of things to rise to the surface, as well as drastically speeds up the process of our Kundalini awakening. As a result, we may find ourselves much more unbalanced than we might have expected. This can cause many twin flames to start having a sinking feeling begin in this stage and then they start to doubt the validity of everything they are feeling. The newness feels strange, scary and overwhelming and they wonder if they are just losing their mind because it all feels so unreal. At this stage, when they are starting to get cold feet, they will feel scared because deep down they can feel themselves changing and their ego does not like it.

When the Kundalini fire hits, we often become overwhelmed and rendered unable to process the changes inside us. It takes longer for the mind to catch up with the soul, so often, the ego goes into panic mode and tries to get away from what is making it feel so comfortable, you and your connection.

You and your twin flame may be moving at different rates. Their spiritual awakening may be yet to come; alternatively, if they have already experienced it, chances are that they are as confused and overwhelmed as we are. They may not want to share these feelings that they are unable to make sense of, especially with us, because of the underlying feeling that we have something to do with it. Even if you are further along in your awakening and feel like you can help your twin flame by explaining everything to them, you shouldn't try to chase them and present them with the twin flame theories – that may freak them out even more. Imagine if you were experiencing something inexplicable, unfamiliar, and terrifying because of it, and someone went out and gave you an explanation of your mental and emotional state in terms of beliefs and philosophies you may have never heard of. You could easily consider them crazy – or become completely terrified of them.

So, when you feel your Kundalini awakening overwhelming you, find an outlet for the energy, but don't deprive your twin flame of the space in which to deal with their own experience. Leave them to their awakening, and do whatever works as an energy outlet for you, whether in the form of journalling, physical activities, or art. And try not to worry too much. Whatever you are feeling will balance itself out, and you are not going to go crazy or become a danger to yourself or others.

In this stage, if your twin flame is showing signs of getting cold feet and scared, it's best to give them space. Hounding them with theories or trying to get them to open up and come closer will only pressure them more and push them away. Give them as much freedom as they need in order to truly be able to process what is happening to them on their own. If you keep trying to pull them back in, you will be constantly distracting them from growing into their awakening because they will be too busy trying to get away from you and your demands.

### **Stage Four: Running**

When twin's go through the Testing What's Real stage, their ego often battles their soul intuition so strongly that they enter the Running stage. In this temporary stage, the ego is winning the battle, but it cannot win the war. The Ego does not realise early on in this stage that if it starts fighting battles against the soul, then it will be forever battling, because the battles will

never cease until it surrenders to the soul. Therefore, eventually the ego will burn out and be forced to lay down its sword and accept the victory of the soul. The ego is mortal, only existed from the beginning of this incarnation. The soul is immortal and existed for eons. Therefore the baby ego cannot triumph over the old soul.

### **The inevitable bursting of the bubble**

The stage of intense unity with your twin flame is often called "bubble love," because it seems like nothing external can interfere with this newfound happiness of yours. This bubble can last from several days to several months, but, unfortunately, in most cases, it will be ultimately popped by some set of circumstances, both external and internal.

Whatever it is, it's the old patterns that will inevitably drag us back down. It can be an old-paradigm relationship, or social pressure, or your own conditioned need to define this new spiritual connection in familiar terms. (Are you and your twin friends? Lovers? Are you going to get married? Run away together? Have meetings in secret?) The twin flame connection is unlike anything you have ever experienced before, so you struggle to accommodate it in your usual mental framework and your previous idea of love – and as you fail to do that, the gap between the two widens.

To be in a twin flame connection is to give unconditional love and trust to your twin. But you have memories of previous relationships, where you opened yourself and ended up being hurt. You have been lied to, rejected, abandoned – and learned not to trust easily anymore. So now, when your utmost trust is required to set your true love free, you are not ready to give it, because you are afraid. There is a reason that people who have trouble trusting say that "they have been burned before" – being hurt develops an instinct to avoid the potential source of pain in the future, and an undeniable reflex to pull away as soon as the possibility of pain arises.

Allowing yourself to be trusting and vulnerable at this time is actually harder than ever before, because our twin shines a light on the old fears, painful memories, doubts, and repressed feelings. As all these things rise to the surface, we want to shut them off, and turn our doubts onto our twin and onto our love. We tell ourselves that they aren't really our type, we find it

suspicious that they can love us so much after only knowing us for a little while, we even doubt our own feelings. We tell ourselves that this profound truth inside our heart is actually all a lie. So we want to run back to safety, to an existence that is soul-numbing but familiar. We tell ourselves that this profound truth inside our heart is actually all a lie.

The actions of our twin flame may also cause us to doubt the authenticity of our connection. We forget that as our fears and hurts rise to the surface, so do theirs; while we are trying to deal with our old patterns, so are they; as we are hurting, so are they. But instead of seeing that, we think that they are hurting us on purpose. We feel rejected, ignored, and confused. Forgetting that they are dealing with their own pain, we cannot make sense of their behavior, and think that somehow, they have morphed into a completely different person. We may even think that the way we saw them before was an illusion. Or we may chase after them in an attempt to fix them, insisting that whatever they are going through, we can help them deal with it – if only they open up to us.

Much as we would like that (or think that we would), this is not the way it works. Twin flames cannot fix or heal each other – they can only enable each other to heal themselves. Our twin flame makes it possible for us to find our wholeness, but they cannot grant it to us, no more than we can hand theirs to them on a plate. The real source of our pain is the lack of love for ourselves, and it usually stems from our childhood.

As children, we are innocent and vulnerable, but when we have to deal with pain, we quickly learn to lock our emotions away. Now that our heart is expanded by the sheer power of our love for the twin, we are taken back to our state of innocence, and forced to deal with all the pain we felt as a child. Usually, there is quite a lot of it.

Sadly, because of lacking emotional maturity themselves, most people are unable to impart it to their children. Instead, they repeat the patterns they have themselves learned as kids – expressing too much emotion results in hurt or ignorance, and is therefore unsafe. This kind of emotional oppression causes a lot of pain. If only our parents had taught us that emotions should be acknowledged, not denied, and guided us through recognizing and identifying them, we would have grown up in the belief that we are goodness and love at our core. Believing that would have made it so much easier to accept the unconditional love of our twin flame, as well as to love

them, regardless of what their pain is making them do.

Without this knowledge, we are at a loss of what to do with the pain brought to the surface by the meeting with our twin. In a natural defense, we blame them for causing it, or assume we ourselves are to blame. Whoever gets the blame, the result is the same – we tell ourselves our pain is not important, and therefore, that WE are not important. We deny ourselves the acknowledgment of our pain – and by doing that, tragically, we also denying ourselves the twin flame love.

So, once again, we try to run – from the pain and from the one we think is the cause of it. We try to distract ourselves, by work, entertainment, or other relationships. We avoid our twin flame, because any reminder of them is the reminder of the pain. We let our fear take over, in place of love.

Fear is our eternal enemy. It is made up of our past experiences, and the pain we have felt before. It teaches us to protect ourselves, to build walls, to make plans, to lie to other people and ourselves. So when we encounter our twin, who, simply by being themselves, forces us to face the parts of us that we have been denying, we respond with fear. We are afraid of being hurt by our feelings, so we wall them away. We see freedom as danger, and think that unconditional love comes with expectations.

All these fears are not real, but we aren't yet able to see that. In hiding from our twin, we are hiding from ourselves. Paradoxically, we are denying ourselves the love of the one person who can see and love us for who we are, because we ourselves cannot accept and love ourselves in our entirety. It takes a lot of work to build up the courage required to look within ourselves and acknowledge everything we find – as well as time and distance.

Usually, we have to do this work ourselves before we realize that our twin needs to do it also, and stop feeling rejected and ignored by them. The divine love we discovered when we met our twin is real – the only real thing, in fact – and we have to learn to center ourselves in it, until we can treat everything that happens with acceptance and unconditional love. How much easier would things be if we were able to do this right away, and not suppress our feelings for our twin! We wouldn't have a problem with letting our twin do their work in their own time. We would accept the fact that they need to reach the understanding and acknowledgment of their pain, so they can feel it and accept it as part of themselves, and in doing so, transform and

welcome love into their heart.

So, we turn to running – spurred by fear, our own failure to face our feelings, the illusion of being able to find wholeness elsewhere, the pain of rejection... but ultimately, by our inability to love ourselves. Everyone has heard the ear-grating breakup cliché: "it's not about you, it's about me." In a twin flame connection, there is a great amount of truth in those words – because it really is about us, not them. Until we learn to love ourselves, consider ourselves worthy of receiving unconditional love, and open our heart to it, we won't be able to accept such love from anyone.

The twins always mirror each other energetically, so if one runs, then so does the other – even if they appear to be the chaser. But in truth, while the chaser may chase you, they are still running, from something yet unresolved inside of them. If you find yourself chasing your runner twin, in a desire to fix them, that means you have things you need to fix in yourself, too. Things we accuse them of we are usually guilty of as well. The twin is our brightest mirror, and the problems you see in them are also your own problems, reflected back at you. At different times, each twin flame can find themselves in the position of the runner or the chaser, and the roles can swap as the twin flames go through different development stages. But one thing that remains unchanged is their true love for each other. Even in separation, it continues to increase, and it will be this love that will eventually grow to the point where it is stronger than any fears.

### **A runner's story**

This is the story of a woman who went through running and well as chasing, in her experience with her twin flame. The different things she experienced have led her to a number of discoveries about her herself and her feelings.

At the time of their meeting, both she and her twin were in the process of leaving their long-term relationships, neither of which was making them happy. She had an abusive boyfriend; he was getting out of a failed marriage. Both exes were going to great lengths to keep their hold on their partners. The boyfriend in question would not cease harassing her, and resorted to physical and mental abuse, including stalking and invasion. The wife took the path of emotional blackmail, including suicide threats.

The twins found great solace in their new connection, spending as much time as they could in their bubble and dreaming of their problems being resolved so that they could be together. But neither of them was willing to be decisive and cut the cord with their previous partners, for fear of hurting them, for the guilt they would have to live with if said partner were to hurt themselves. Both were under increasing amounts of pressure, and the man was the first to give in to it – when his wife came to town visiting.

He broke the news, announcing his intention to return to his wife and explaining the duties and obligations he had towards her. As for the woman who was his twin flame, it would be best if they remained friends, he said. In fact, he would very much prefer staying friends with her, because he valued her as a person – but friends was the only thing they were ever meant to be. Everything and anything else they might have had was, to use his words, "just a bonus." Merely a fling, a short-lived affair that was over now it was time to return to "normal life."

You can only begin to imagine the amount of pain and confusion that his twin flame had felt upon hearing this declaration. Someone who used to hang on every word she said was now distancing himself from her. The beautiful love that they shared was now, according to him "just a bonus." Her questions of what would become of their relationship were returned with accusations of demands and claims that she was supposedly making of him.

He said they were going to remain friends, but she was finding it more and more difficult, especially as his wife arrived in town, and the two got back together. She felt rejected, abandoned, and utterly unloved. The thought of her twin flame, whom she loved dearly and wanted to be happy, coming back to the very wife that he had originally ran from, was eating away at her. She found herself in an emotional dead-end: on one hand, she didn't want to be a home-wrecker, and prevent the man she loved from being with someone he believed he was going to be happy with; on the other hand, the idea that the love between them wasn't true was simply impossible to accept.

Sooner or later, this dead end was going to resolve itself, taking out the frustration on either of the twins. She could not wish ill on him, because the love that one twin feels for the other makes it impossible for them to harbor ill will. Therefore, her pain took the only avenue left for it, and lashed out at her. She told herself that she really was nothing but a fling, a rebound for him to distract himself from the trouble in his marriage. She hated herself for

being fooled into the illusion of the wondrous love she thought she shared; in fact, she endlessly berated herself for believing in the possibility of being loved this way in the first place.

What made things even more difficult was the fact that the twin flames worked together, and therefore, had to see each other every day, even as they agreed that going forward, friendship would be the full extent of any relationship between them. Each and every one of these meetings were bittersweet – being able to see him, yet knowing he was not hers to hold.

Then, even the friendship that he said he treasured so much began to crumble away. He would cancel their plans in favor of something else; he would make no further efforts to spend more time together. Soon, the project the twins were working on would be over, and she would return to her home town, maybe to get an occasional phone call from him, or maybe to never hear from him again.

Within weeks of separation, she found herself feeling utterly lost and unworthy. Every fear and insecurity she had suppressed before reared their ugly heads. She had no doubts that the love she felt for him was the only real thing in a world of illusion, shining and undeniable. It had changed her already, forever, and there was no return. And yet, the one person who reflected her perfectly had rejected her. He could see her for what she is – and apparently, deemed that person unworthy of his love. How do you come back from this? How do you get on with your life, knowing that you were rejected by the very reflection of yourself?

On top of that, it hurt to see him make choices that looked to be wrong for his soul. When you see someone you love take a turn to drive off a proverbial cliff, you want to grab the steering wheel from their hands, and pull the car back on the road. But this is simply not a thing that one twin can do for another. They must give each other space and time in which to figure things out – no matter how long that takes. That was what she did. She didn't want to interfere, or make any intentional attempts to affect his decision.

But there was another factor making things worse: the ex-boyfriend, who was continuing his efforts to make her return, largely through physical violence, threats, and emotional pressure. More than anything, she wanted her twin's support. After all, he said they were going to remain friends, that he would do anything for their friendship. But now, he was never there, and

that made her spiral even deeper into a vortex of unworth and rejection.

What she couldn't know at the time was that he only wasn't there for her because he couldn't be. He was in as much pain as she was, even if he did not show it. He had the same fears as she had – even though the original rejection came from him. Every fear and doubt he was having, he projected onto her, his twin. Essentially, he couldn't be there for her because he wasn't even there for himself. As a result, they both ended up running, emotionally – from each other, as they thought at the time. In truth, the thing each twin was running from was not the other, and not from their love, but from the pain brought about by their insufficient spiritual maturity, and from all the issues that were dredged up to the surface when saw themselves reflected in each other's mirror of the soul.

### **Running from love at full speed**

Twin flames in a state of separation are usually told to "let go" of their twin. We are told to let our twin's spiritual development happen at their own pace, while focusing on our own. However, it takes a lot of time and emotional maturity to consciously let go of our twin while allowing our love for them to continue. Often, we think that as long as we acknowledge this love, we will continue hurting – and so we try to cut this love out, block it away, pretend it doesn't exist anymore. That was what this runner twin flame ended up doing, soon after bottoming out on the pain brought about by the perceived rejection.

Mired in the feeling of rejection and self-denial, she told herself that her twin did not care for her anymore and therefore, has no place in her life. Desperate to escape the pain she was already feeling and the pain she knew she was yet to feel by facing the demons inside, she ran from her connection. In order to love her twin freely, she would have to square up with many dark corners of her soul, and she simply was not prepared to do that. It was a situation of fight or flight, and sometimes, we just don't have it in us to fight anymore.

And so she ran, locking up her heart and throwing away the key. Now that she no longer had to see him for work, it was easy to erase every trace of him from her life. To remove any temptation of contacting him again, she deleted his phone number and e-mail address.

It worked, to a degree. While she succeeded in not reaching out to him, he did try to contact her. He soon realized that his e-mails weren't reaching her (she had black-listed his address). So he left messages on her voicemail (she deleted them without listening). He tried calling her on the house phone (she would promise to call him back and never did). He attempted to reach her through their mutual friends and colleagues (she told them to stop giving her messages from him).

There was simply no end to the things she would do to avoid him as completely as possible. She changed her mobile phone number. She forbade her friends to ever speak his name in her presence. In the end, she left her job, because that was how they met in the first place, so everything there reminded her of him, and there was always a chance of running into him if business took him to her town.

Do you see the paradox of this story? She tried to run away from the love she was feeling for him, while knowing full well it was impossible. The further she ran, the more difficult it was becoming, to the point where any reminder of him would send her into an emotional tailspin. But, unaware of what she was denying herself, she persisted. Deep down, she believed that she was doing them both a favor. After all, he was the one who put up the wall between them, he was the one who said they can never be anything more than friends, he was the one who cast her aside to run back to his wife. And now he was trying to reach her – but whatever for? Surely, he had no business talking to her anymore. So, no matter how much she wanted to see him, she continued to avoid him. The one time he managed to get through to her on the phone, she lied to him, telling him she was back with her old boyfriend.

### **The agony of the run**

Whenever a twin flame becomes a runner, they are trying to escape the pain instead of dealing with it. Ironically, in doing that, they intensify their suffering tenfold or more. The twin in our story found herself in that exact position. As she pulled herself away from the twin connection, she felt as if her very soul abandoned her body, and was replaced by a void. In the hope that it would go away with time, and let her return to normality, she ignored it. That didn't work out. Instead, she was dragged through an experience she

can only describe as "agonizing hell."

It was a hell of regret and abandonment, filled with her feelings of worthlessness and rejection, running wild and eating away at her. She reached a point where she felt insane with the agony, feeling her heart break in every way imaginable. Never a believer in God prior to the beginning of her twin flame experience, she prayed desperately. There didn't seem to be any way out. She had opened herself to love that she knew in her heart was right and true – and yet, all that came from it was pain, for herself and for others. All she wanted was for the pain to end, and so she prayed, asking God to let her forget about her twin flame.

Every reminder of the twin flame's existence was a reminder of the mistake that she felt the whole thing had been. Their meeting, she decided, was not divine design, but rather, a cosmic error that was promptly rectified. She vowed to herself that she would never try to reach so high, because the fall from this height had hurt far too much to ever try something like that again. Besides, what would be the point of trying? If the love she had felt – powerful, all-consuming, making it seem like nothing was impossible – failed to set her free from her co-dependent existence, then, clearly, there was nothing that had that capacity.

Slowly, little by little, she started coming back to life – but a different life than she used to have before meeting her twin flame. Despite all the suffering she had to endure, from the separation and the run, she was able to make positive changes. Fueled by the dreams that she and her twin had shared when they were together, she gained the courage to do things she had only dreamed about. Curiously enough, she took her boyfriend back, but the dynamic of their relationship had also significantly changed for the better. Now that she no longer allowed herself to be bullied, he was being much nicer, and she took comfort in the thought that he was miserable without her. Feeling needed can be a strong incentive to be around people – plus, ironically enough, the boyfriend in question proved supportive during the darkest times of her separation from the twin flame.

Thus, a certain amount of resignation set in. She came to terms with the idea that love was about attachment, mutual care, and compromise. The boyfriend was sufficiently shaken up by the breakup to clean up his act and follow her lead on the spiritual path. Together, they traveled the world, and it seemed like a "good enough" life. Not the shining love and light that she

thought she had with her twin flame, but a life that was still worth living. Anything greater than that, she told herself, was a dream, and nothing more.

Then, a couple of years later, in what looked like a freak coincidence, she got an e-mail from her twin flame. At the time, she and her boyfriend were in Canada, but the fact she was unaware of was that her twin flame was traveling through the same part of the world. What's more, he also left home around the same time as she did – twenty months after she severed all ties with him. Perfectly unaware of each other's plans or lives, they both had set out to travel the world.

Now, his e-mail, on the screen of a computer in a seaside internet cafe, felt like a message from another dimension. She skimmed it, catching quick glimpses of his words. He spoke about their love, the connection between their souls, of the depth of his feelings for her. She couldn't finish reading the message, and deleted it, never to reply. This small reminder of him had stirred up too many deep-seated but intense feelings, causing a momentary panic. It was way too late for something like this, she decided. She was back in her relationship, which had improved immensely compared to the state it was in when she ran from it. She was finally starting to feel like herself again, and planning a new life. And so, that e-mail from her twin flame would forever remain unanswered.

Later, she would find out that they went traveling at roughly the same time, only to settle in the same country and start building a life with their respective partners... less than an hour's car ride from each other. Coincidence? Far from.

### **The run is futile**

Years later, the runner and her twin flame found each other again, and learned that both had never stopped loving each other. Separation was hard for both of them. As she suffered on her run, so did he. But regardless of any demons either of them had to face, their love for each other persisted.

An important realization that our runner had after a long time was that she was entirely wrong to blame her twin flame for her pain and for the very fact of her running. As twin flames are the same soul, both were equally responsible for whatever happened to either of them. Both refused to give in

to love. Both wouldn't square up with the pain that their connection brought to the surface. As a result, both suffered greatly before their eyes were opened.

If your twin flame is a runner, there are things you must remember to get through the duration of their run – however long that is. Runners run because of the pain they feel but refuse to acknowledge. They are not running from you, and the goal of their run is not to hurt you. In reality, it's themselves they are running from, and the issues they think they can avoid if only they never have to face you again. Yet the run is ultimately futile, because the love in their heart cannot be denied. You cannot fight it, no more than you can fight God. The twin flame love will not perish through time or denial. It will keep growing while the twins are separated, until it finally consumes them completely, and drives them back towards each other. You and your twin flame are two souls that were once one – and something that was once One will not rest until it is One again.

The runner twin flame never stops loving you. Inside, they are the same wondrous person you lay your eyes on when you first met them and saw your light reflecting in the mirror of their soul. And now, they are not running from you. They are running because they still need to learn how to love themselves, fully and unconditionally. Until they find this love within themselves and learn to grant it to themselves, they will not be able to give it out to anyone, especially their twin flame. A pair of twin flames who are yet unable to love themselves will keep triggering each other, and the push and pull dynamic between them will not cease.

But whatever your twin flame is doing, whether they are burying themselves in distractions, pursuing other relationships, avoiding contact with you, or pushing and pulling – the love inside them persists. It was ignited the moment you met, and will never fade away. They simply need time to do their internal work and bring themselves to self-love and surrender. Only then will your physical union be possible.

Sooner or later, every runner realizes that their attempt to run away from pain was a failure. To continue running means to continue living in pain. The only way to truly heal it is to stop, turn around, and face our demons: our doubts, insecurities, feelings of inadequacy and lack of self-worth, and fear of rejection; and to overcome the lying thought that tells us that the astoundingly powerful love we feel is something we ourselves are not

worthy of.

If you are the twin flame that has been left behind, accept that your running twin is on a personal journey, one that you cannot join them on at this time. Do not try to rush it or control them as this will only create further pressure they will want to escape from. Instead, give them the space and time to heal, while you yourself do the work you need to do. Don't chase the runner; focus on yourself. Keep your heart open for your twin and let your love for them flow, but do not deprive yourself of everything else in life. Do not blame or criticise your twin flame because this will make them feel rejected and will keep them away from you. They need love, acceptance. However, this must be given in a space of healthy boundaries. Some chaser twin flames go too far and over-give and end up being taken for granted. Loving oneself must come first and then being supportive without enabling unhealthy behaviours from the runner is required.

What do I mean by enabling? Sometimes the chaser is so eager to remain in contact with their twin that they accept poor behaviour or runner "crumbs". By always being there for your twin when he is mistreating you or still refusing to face himself, you are enabling the runner to keep running because the runner doesn't feel he needs to change in order to have you. If you are always there but enabling bad behaviour, then they will not be motivated to heal themselves because they can get temporary relief from you. Instead, in these circumstance, you must give them the distance to heal themselves by not making any demands or having any expectations.

There needs to be a balance as you must show them that you want to be there for them, but you must love yourself enough to not put up with bad behaviour. You must be there for them but in a way where you aren't being taken for granted or being used as a crutch. Back away if you feel your twin is disrespecting you or if your presence is hampering his growth in any way.

**Do not in any way curse, demand, nag, bitch or complain to your twin flame! These are purely reflections of your own lack of wholeness and expectations you are placing on your twin.**

Doing any of these things will only create a bigger wedge between you because he will see it as you rejecting him and wanting him to change because you aren't accepting him as he is! If you are angry or frustrated, back off and cool down on your own. Reflect before reacting! If he is

disrespectful, simply back away. He will get the message. And when he is loving and treating you well, appreciate his efforts, appreciate his willingness to open up to you, be understanding and loving in return. **Do not run in the second he returns and place a load of demands and expectations on him again. Do not be a heavy load on his already weighed down mind! If you keep putting pressure on him in this way, then he will not trust you to be able to be himself around you without you demanding for more all the time. Don't be that bottomless pit that only you can fill in with your own love. Don't demand him to love you in ways that he can't even love himself at this time. Don't demand he love you in ways you can't even love yourself at this time.**

And when he feels he has you wrapped around his little finger again and falls back into old habits, back off again. He will soon realise that he must treat you well in order to be granted time with you. Again, do not in any way curse, demand, nag, bitch or complain to your twin flame!

### **Telepathy in separation**

It does not matter whether your twin flame is aware of your merger with them, or if they even believe in the notion of twin flames, telepathy, God, or anything at all. The strength of your merger is invariably going to affect them, as your twin flame connection will make you two share your feelings and thoughts, whether you want to or not. The truth is, that the telepathy between twin flames exists regardless of their awareness or acceptance of it – but both twins benefit greatly from it when they consciously communicate through their common heart space. While one twin cannot do the inner work that the other twin needs to do, they can send them support through their connection, encourage them by messages of love, and impart some of their strength.

When twin flames go their separate ways for a while, the adjustment period may be difficult at first. On one hand, your twin is no longer physically present in your life; you may be no longer communicating at all. On the other hand, you continue feeling them – their thoughts, their emotions, even their physical state. Things become even more difficult for you if your twin has physical, emotional, or mental issues, as the effects of their bad habits, unbalanced behavior and emotional swings will be shared with you as well. As you feel your twin suffer, you may choose to continue to feel their pain –

out of sympathy, as well as the possible fear that if you let your twin go, you will stop feeling them at all, and lose them forever.

However, something that was once One will return to a state of Oneness – and that is what both you and your twin will do. You cannot shoulder their pain for them, but you can increase your own vibration, ascending to a higher frequency and increasing the positive pull on them. Since twins remain magnetized to each other, your own ascension will help them rise as well. When you work on yourself, your raising vibration will travel through your chakras to him and raise his vibrations too. This will help him to eventually have the courage to face himself.

### **How to Dissolve the Ego**

Because we need to overcome our egos, many of us regard ego as the enemy. But the ego is one of our best friends because it is an amazing tool for spiritual growth.

We do not become more spiritually enlightened through berating the ego, because that is not loving self. Yes, it's not part of our eternal self, but nonetheless, it is part of the body we chose, the friend we wanted to help us grow through overcoming it's narrow way of looking at everything.

The ego is like a frightened little child, it gets lonelier and lonelier the more you tune it out. All it wants is your attention and because you are ignoring it, then it MAKES you pay attention. Think of a small toddler who is being ignored and then runs over crying or even hits you to make you notice them. This is what your ego does. The toddler needs love and reassurance that you are there, the ego needs the same.

You need to treat your ego like a little toddler, it doesn't understand life, it's naive, it's frightened, it's lonely, it wants to feel special, it wants to feel acknowledged, it needs to be loved. When you give it attention in the right way, by lovingly accepting whatever the ego brings up without the need to act on it's impulses, then it will quieten down a lot easier and quicker. If you ignore it to try and eradicate it, it will turn into that toddler who smacks you around the head to make sure you notice them. The more you give it love,

the less it plays up.

### **How do you love your ego?**

You love it by acknowledging it whenever it comes up and by simply observing what it wants you to believe but with the deeper realisation that's its point of view is very limited at best and mostly just delusional. You acknowledge it without berating it and lovingly let go of whatever it brings up. You love it by recognising how it is teaching you to overcome your limitations by showing you what those limitations are in the first place (it's illusions).

I find that giving your ego a cute pet name can help you learn to love it. And when ego comes up, you can calmly say to yourself "Oh that's just (name) popping up for some love" and simply acknowledging it in this way, you are loving it and it will quieten down again because you gave it the attention it needs. Just like a toddler, you can teach it to behave through loving attention.

### **Stage Five: Surrender**

In stage five, when one twin is actively running from the connection and one is chasing them in order to run from looking inwards, there comes a point where the chaser becomes utterly exhausted and cannot continue the pursuit any longer. They exhaust all avenues of chasing and realise it's simply not working. They end up feeling really bad about themselves, desperate, needy, weak, rejected, hopeless. So they give up.

When the chaser stops trying to control everything and has reached the point where they cannot go on chasing any longer because it's become an even bigger problem than their fears of losing their twin, they move into the surrender stage. The chaser may have to go through the runner stage first though i.e. giving up the chase to instead try and run from the connection completely. If this is the case, eventually they will realise that any form of running is futile, then they will move into surrender.

## **What does surrendering mean and how do you do it?**

Surrendering means doing your inner work whilst handing over the outcome of your connection to God. It is not running away from looking inwards and convincing yourself "well if it is meant to be then it will be" but refusing to work on your own healing. That is not surrendering, it's denial.

True surrendering is knowing that you cannot control the outcome by trying to force reunion in any way. We are supposed to master ourselves, master our own healing, master overcoming the ego, the fears, the illusions, mastering unconditional self-love - this is what we can control. And whilst we are consciously working on ourselves, we must learn to trust in God that the union will happen as a result of us working on healing ourselves and giving our twin flames the true space to work on themselves too.

Sounds scary doesn't it? To simply switch off trying to control everything and stop holding on so tightly. We must release our twin flames. This does not mean forgetting them or trying to switch off our love for them (which is impossible) because again, that is simply trying to control the connection through fear and denial. Instead, we must truly learn the meaning of unconditional love - that is, to love without conditions! It sounds simple, but you'd be amazed at how many still don't truly understand the concept of unconditional love.

When we surrender our connection to God, we learn that we can and do love our twin flames no matter if we are physically united with them or not. We love our twin flames even if they are still letting ego control them and we are not happy about that. Unconditional love is NOT to be mistaken for being a doormat and letting your twin flame walk all over you. Sometimes, many twin flames will just sit there waiting and waiting, holding on tightly, praying for their twin flame to change so they can reunite. However, sitting and waiting at your twin's feet shows them that you are always there no matter what so why would they feel motivated to work through their problems when they already have 100% access to you despite their ego's keeping you at arms length?

Some may say that it is not unconditional love to "abandon" a twin flame just because they have problems. But surrendering is not abandoning them (running) but it is simply assisting them to work through their problems which will help them. You are not abandoning them because you are not giving up, you are simply recognising that your waiting at their feet is actually hampering them from healing because you are giving them an easy way out of facing their fears which their ego's will lap up.

When you are waiting at your twin's feet, do you often notice how they feel they can take you for granted? They get this certain air of arrogance that you will always be there no matter what and sometimes they will take advantage of this situation. Again, this is ego at play and instead of getting upset and continuing to give away your power, you must love and respect yourself and love and respect your twin by taking distance, surrendering the connection to God and stop waiting at their feet. In this way you love yourself by creating healthy boundaries and you love your twin flame by snapping them out of their ego illusions. You are no longer allowing them to just sit in their illusions so they don't have to overcome them to reach you.

Surrendering is the ultimate test for twin flames. Are you willing to let go of your fears (illusions) of separation and trust in the truth of Source to bring you back into the reality of your oneness with your twin flame? Are you capable of releasing your fears of abandonment so you can stop trying to control the outcome all the time? Only when you truly trust, can reunion occur, because if you don't trust, then you are still living in the illusions of separation.

It takes tremendous courage to surrender. At first it may feel completely alien and wrong but surrendering is not giving up. Many twin flames fear that if they walk away then their twin flame will never make the necessary steps to come forward and unite. They fear that if they walk away from their twin flame then they will lose him. If this does happen, then they are either not your twin flame or they are not willing to heal themselves enough for reunion. Either way, it is not your job to sit at their feet and try to fix them or mother them into healing. They need to do that on their own! If they know you will always just be there waiting even when they are refusing to heal

themselves, then they will not fix themselves. So surrendering means living your own life. If you are waiting around for them then it means you are not ready to unite either.

There will come a time when it will feel completely natural to surrender and give up control. Your soul will have reached the point where it will naturally want to live authentically and therefore interacting with your twin flame in any way where there is ego blocks will just feel exhausting. You will naturally feel your soul pulling you away from your twin flame if he is not ready to interact with you through his heart centre.

Your soul will simply grow tired of you walking on eggshells around your twin flame all the time. It will yearn for the freedom of self-expression that is being suppressed when one is walking on eggshells to keep their twin flame comfortable. Your soul will be urging you to surrender and walk away from waiting at his feet because the universe wants you to release any co-dependency on your part and also make your twin flame face the pain which comes up from you distancing yourself, so they too can heal their own co-dependency.

You will feel a shift inside of you when you truly surrender. It will feel like shedding a snakeskin and flowing into liberation. You no longer have to worry if you are doing this right or that wrong. You are centering yourself and handing your worries over to God, handing over the outcome to the universe.

### **Unconditional love vs unconditional giving**

Many twin flame chasers believe they are loving unconditionally when they are not. To love unconditionally is to accept your twin flame as they are right now. It is not being in love with their potential, or just parts of them. It is loving all of who they are, soul and ego. It is not accepting bad behaviour and being a doormat, but it is recognising the parts of themselves they struggle with and not taking it personally. You do not have to stand around and take your twin flame's actions if they are hurting you, but you need to

accept that they are not ready to unite because of their struggles.

You recognise that their ego actions are not a true representation of who they really are at soul, but at the same time you create healthy boundaries for yourself so you aren't always standing in the firing line. You step out of the way and let your twin flame do their own thing. You can hold their hand if they are willing to work on themselves and accept your support, but if they are not ready or willing, then you don't try and grab their hand and force your advice or help on them. This is controlling and causes them to fire their pistol again at you.

You may think to yourself "How dare they shoot me when all I am trying to do is help!" But are you really helping? Or are you trying to help them just so you can get your own way? Do you really know what's best for your twin flame? You may see what they need to change, but forcing them before they are energetically ready to face themselves is not helping. It's like expecting a baby that can't even walk yet to be able to run a marathon. Dragging them forward is not going to help! You need patience and allow them to develop at their own pace. And if you get angry and frustrated and feel like a victim because of it, then you are not loving them unconditionally!

Loving someone unconditionally is truly about loving them in a way which is about their happiness and not what you can get from them. It's about supporting but in a healthy way where you are still putting your own needs first at the same time. I.e. those healthy boundaries again. You are loving yourself and don't expect your twin flame to fill in any gaps because that is your job, and you are loving your twin flame and offering (not forcing) your support any time they might want and need it but you don't expect yourself to be the person to fix them, because you can't! Loving without ties, loving without demands, loving without expectations, loving with healthy boundaries.

When chasers over give, they have become a martyr and aren't putting their own needs first. They are giving and giving to their twin but not to themselves and they do it with the expectation that one day their twin flame will reciprocate and give back to them in the same way. They are not giving

to truly help their twin flame grow, but are rather giving to get something back. That is placing conditions on the connection.

A connection with a twin flame is profoundly different from any relationship you might have had in the past. It is based on your higher selves, not your egos, and therefore, occurs at a whole new level than anything you have experienced before. So, when you are separated from your twin flame, these are things you can do to ease your worry.

### **1) Let go of your expectations**

Don't drive yourself into a frenzy waiting for your twin flame's response to your phone calls or e-mails. Don't push them to take your relationship to the next level. Don't sit there planning a June wedding.

That is not to say that you should not dream of a bright future with your true twin flame – in fact, you can find great solace in these dreams. But while you can imagine these things, you cannot force your twin to become someone you want them to be, and make them run on your schedule.

So what can you do? The answer is – anything you can do by yourself. Go on living your life, achieving personal goals, and growing as a person, while keeping your heart open. As you retain your love for your twin flame, they will feel its pull, and be drawn back into your orbit eventually. You don't have to force them into interaction with you. In fact, you will gain a great measure of peace by accepting the fact that the two of you are not communicating at this time, through no fault of your own. Your twin flame has their own reasons to stay quiet for a while. When the time is right, they will come around to you – but please don't mark a date on your calendar.

### **2) Let go of your control**

We crave control over every aspect of our lives, for the fear that as soon we let go, our world will come crashing down. The fear of losing something as important and valuable as our twin flame connection can make us try to keep a tight hold on the twin at all times. When we fail at that because the other person will not be controlled, our fear turns to anger.

But you have to remember that whatever you feel, your twin will feel also. If you love them unconditionally, they will reflect the same love at you. But if

you are sending out feelings of fear and anger, they will feel the same, causing them to pull back instead of running into your arms.

Remember that no matter how far apart you and your twin are, physically, your spiritual contact never falters. If you keep your controlling ego down, you will leave yourself open to receive their feelings through your spiritual link. You will feel their love, their sadness, their pain – and however much you would like to rush in and console them, you must know that it is only up to them to sort themselves out. The only way you can help is by gaining your own balance, staying positive, and not over-dramatizing anything. Instead, accept your current separation as a temporary yet necessary state, and fill yourself with love, so that your twin flame can feel it through your telepathic connection.

### **3) Let go of your ego**

In absence of contact with your twin flame and reassurance from them, your ego will start questioning everything, filling you with anxiety and negativity. It will be swift to jump to conclusions, making you view separation and silence as abandonment and loneliness. This will be especially the case if you have had bad luck in relationships before. Despite the fact that your twin flame connection is a profoundly different level of relationship than anyone before them, your ego will extrapolate your previous negative experiences, and predict the worst.

You should not let your ego do this to yourself, because the more you allow it to assume the worst, the higher the chance of that worst-case scenario becoming a self-fulfilling prophecy. Your twin flame will feel the same fear as you do, and stay away from you, therefore confirming the predictions of your frightened imagination and low self-esteem. Fear is a low energy that will not attract your twin flame. On the contrary, energy on higher frequencies will pull them towards you. You will create such energy by letting go of your ego's fears and focusing on being yourself, improving yourself, and enjoying your own existence.

What all this comes down to is: you don't need to do anything about your twin flame, but you can do a lot for yourself while you wait for the two of you to be reunited. Push at them, and they will be repelled further away. But create high frequencies of energy, through positivity and love, and you will pull at them like gravity.

Let go of your ego, your control, and your expectations. Instead, be safe in the knowledge when both you and your twin flame reach the right level of spiritual maturity, the time will come.

## **Learning to Walk the Path of Destiny**

Sometimes, twin flames feel like they have lost their way in life, and have no idea how to get back on track. Many feel this way when their twin flame is running. Some get discouraged after years of chasing which ultimately ended up futile, and believe they are cursed with bad luck or just not good enough to unite with their twin flame. Some don't know how to go on after feeling like they are victims of this situation. In this stage, the chaser is dealing with great trauma in her life and is desperate for guidance.

But if you feel you have strayed from your path, the first step back towards it is understanding why you wandered off in the first place. More often than not, the answer lies in the workings of destiny. You have to start by looking at the big picture.

The universe we live in has a purpose and a plan, and certain rules that cannot be broken. Part of the universes' plan is our presence in it. Each and every one of us has a purpose, a path to walk, and lessons to learn. That is the only way we can move forward, allowing our soul to progress to a higher level after our physical lifetime.

"Karma" is a word that gets thrown around a lot, usually in the sense of getting rewarded for good deeds and punished for bad ones. But there is a lot more to karma than moral debits and credits. Karma is a master plan of our lives, the path that we must follow if we want to be fulfilled, happy, and, ultimately, free.

Our senses and instincts are much wiser than we are. They can help us tune in to our "karmic frequency" and find peace and happiness. By finding our true purpose, we can free ourselves, and gain an understanding of our life and the events in it.

Some people expect their destiny to conform to a list of their specific

demands. Because of that, they often mistake things they want for things that are meant to be (for example, assuming that someone is their soul mate simply because they meet their idea of a perfect partner). As a result, they get derailed and ultimately disappointed.

Another category of people want the universe to hand them everything on a silver platter, without any input on their part. They think that all they have to do is to sit, wait, and watch destiny work. Even when they find themselves in a situation they're not too happy with, they will not strike out to change it – but would rather wait for something to happen to change it for them, or for some new opportunity to suddenly present itself.

Neither of these approaches will get you far. Like with many things in life, it takes two to tango, and it's the same where destiny is involved. A path will be given to you – but it will be up to you to walk in. Opportunities will come, but they will amount to nothing if you don't take them.

Oftentimes, seeing your destined path can be difficult, because things that are meant to be are frequently in conflict with things we want. This conflict can make us reluctant to accept and fulfill our purpose, especially if it makes us feel that the choice is being forced upon us.

As a species, we humans are enamored with the idea that we have complete control over every aspect of our life, and a perfectly free will to make any choice we want. That is only true to a certain degree. We choose what to say and how to react to situations, what to think and whether to follow the head or the heart. But there are bigger things that we have no control over, and they have to do with our karma, the predetermined framework through which our path takes us from birth to death, and then, ultimately, rebirth.

Let us consider our path as a labyrinth we are navigating. True, we have complete freedom of choice when it comes to picking a direction – but all these choices are made within a framework that we cannot change. And somewhere inside this maze will be junctions that we will inevitably arrive at, no matter what turns we take.

In life, trying to avoid a certain, predetermined event is the same as taking a sharp turn inside the labyrinth in order to avoid the junction you are heading for. Whether you are afraid of the event you see coming, or reluctant to face it, or succumb to the influence of others, you jump the track and take a

different direction. But sooner or later, you find that your new track was simply a longer loop, taking you to the same destination that you were trying to avoid in the first place.

How much time will this alternative route take? There is no way to tell that. But however long it is, that time will not be wasted. You will have learned a karmic lesson, one that you had to learn before being able to move forward. And that lesson is faith. Faith in the idea that things that must happen will happen, and that your free will has constraints.

Does this mean that you have no say in what happens to you? No. Because while the ultimate outcome is predetermined, you are the one who walks the path, and the challenges you face along the way will be yours alone, as will be the lessons you learn from them.

When trying to picture your path, you will usually envisage it as a beeline from your current position to your goal, and charge forward. More often than not, that is not going to work out, because we can never see the entirety of our path. It will twist in unpredictable ways, and there is no way of guessing what turns you will have to make, and what will wait for you around them. But if one thing is certain, it's this – what is meant to pass, will pass.

Sometimes, we can get so caught up in the things we want and the conscious decisions we make that we end up creating an alternate mental reality, the ultimate wishful thinking where we believe that things are the way we decided them to be. This kind of thinking only results in going in circles, until we finally learn the karmic lesson, let go of our stubbornness, and finally agree to arrive at the junction we were heading for the whole time.

Ultimately, you will learn to transcend fear and doubt, and accept the fact that you have much less control than you thought. Embracing that idea will give you more peace, and leave you open to the opportunities that destiny will present you with. There are much more of them than you think, and you will be able to see them so much better once you stop holding the reins to your life in a clenched fist.

Trust your instincts, and do what feels right. Your senses tend to make better decisions than your conscious mind – so trust them, and go with your gut. When you make choices this way, you will find yourself free of regret, even

when things don't work out as expected. Whatever the outcome, you will learn from it, and will not be set back.

So trust your senses, keep hold of faith, relinquish fear, and embrace the courage to walk the path that destiny lays down in front of you – and you will not be led astray.

### **Surrender – the penultimate step towards twin flame reunion**

Surrender is the second-to-last step that twin flames must take before they gain complete understanding of their true selves and with it, knowledge of God. It comes after the twin flames have been separated for a while (often years), accepted the separation, and have tried and failed to find meaning, purpose, and serenity through any other means available to them. Surrender is one of the final pieces to the puzzle that is the twin flame reunion, and can only come when we have overcome the real enemy that stops us from it – our shadow self within – and become ready to ascend into closeness with God. That is when the reunion with our twin flame will become possible, nay, inevitable, and when you look back, everything that has happened prior to the moment of your glorious reunion will make perfect sense.

### **The path to surrender**

Meeting our twin flame signals the beginning of our return to our authentic self, a higher state of being and existence. It is only in that state that we can return home to God. To transform into that state, we have to undergo a long and difficult purification process, stripping ourselves of everything that our soul no longer needs, things that our egos will have to let go of. That is surrender – not a momentary thing, but a gradual process of acknowledging our feelings, and letting go of old fears, beliefs, conditioning, to enable ourselves to build the world we've been dreaming of and our higher selves have been creating.

To bring ourselves to our authentic nature and God, we must learn when we ourselves are getting in God's way and interfering with God's plan for us. In order to truly allow God to work through us, we have to stop resisting, release our own idea of ourselves and let ourselves become a blank slate, a canvas on which God can reveal our true nature. We cannot surrender things

that we can't bring ourselves to face, or ones we deny even exist – therefore, surrender implies total acceptance of everything that lies within us, and of whatever we may be facing. This includes the state of things with our twin flame. Surrender is not possible while we are still blaming them for anything, expect them to act in certain ways, actively waiting for their return, or trying to force or manipulate events. Instead, we have to accept things the way they are and allow whatever is to be. Then, and only then will God have the space to do work through us, and bring us to the amazing things planned for us, allowing us to return to our true, originally intended nature – an eternal soul, infused in God.

### **Our shadow self – the enemy within**

On our way to surrender, we are fighting several battles at once. The external battle is one against our twin flame, our struggle to accept the separation, let go, and move on. The internal one is the conflict against our shadow self, the real enemy that withholds us from surrendering. We cannot achieve peace with others until we have found peace inside ourselves. That is only possible once we become totally conscious and aware of ourselves, and requires complete, perfect honesty.

The true nature of our hearts is unconditional love, but in order to reach surrender, we have to let that love flow, by removing all obstacles in its way. But we can't remove something that we don't know, don't see, or don't admit is there, can we? Thus, in order to clear the path for the love that lives in our heart, we have to confront the part of ourselves that we can call the ego, the lower soul, or our shadow side. The first step is acknowledging its existence. Once we have done that, we can start working to bring this part of ourselves into light. But just because it stands in our way, it does not mean that the way past it involves hating and destroying it. On the contrary, we must embrace this shadow side of ourselves, accept it, and discipline it with love. That is the only way to set ourselves on the path towards wholeness.

The importance of acknowledging our shadow self cannot be overestimated. By letting our demons stay in the darkness, we let the darkness grow. But when we shine the light into the shadows, we see the truth of who we are, and can begin to accept it. It may not be easy, because the truth we see in our hearts may overwhelm us, or shock us into silence. Our heart and mind can be at odds with each other, as our conscious mind struggles to deny the truth

that we know in our heart is real. But however uncomfortable, inconvenient, even painful this truth can be, refusing to accept it will only continue holding you back. That, in fact, is another truth you will have to face – that your own previous beliefs, old paradigm relationships, and unresolved issues are among the things holding you back from being with your twin flame. In order to recognize the truth, you must confront the biggest lie that is holding you hostage – the idea that you can be anything other than your true self.

Our twin is similar to our shadow in many ways, because they are always holding a mirror up to us, making us see, examine, and embrace the deepest parts of our soul, ones we have buried and hidden away for fear of pain that comes from facing them. Your twin flame will invite you into the darkest shadows of your soul, calling forth the heart warrior within you, to defeat the dragon that waits in the shadows. Your heart warrior draws their strength from the love that permeates your soul, and will prevail when that love is stronger than your fear of the shadow. Once you slay the beast that guards your true self like a precious hoard, you will take ownership over your own shadow and reclaim your power. That is an inevitable step on the way towards becoming whole again.

### **A true story of surrender**

Personal experiences of surrender always demonstrate how necessary this step is in the journey towards reunion with a twin flame, and how dangerous it can be to keep refusing to let go of your ego and your old paradigms. At times, you may be under the impression that you have already surrendered, while in reality, you are still nowhere closer to letting go. This is what happened to Arriadny, a woman who shared her story of surrender in the hope that her experiences will be a help to other people trying to walk the spiritual path.

At the time of the events, Arriadny and her twin flame had been separated for sixteen years, and she thought she had made peace with the separation. While in her heart, she knew he was her twin, her knowledge was not met with reciprocity. After a long period of push and pull dynamics, contradictions, denials, and his persistent refusal to see their connection, Arriadny did the only right thing a twin flame can do in this situation – let go. She let go of trying to understand or change her twin, of any expectations of him, even of hope of ever being with him again. The only hope she kept was that he would eventually find his happiness – because

happiness is the only thing that one twin can truly wish on the other, from the deep and unconditional love in their heart.

Arriadny thought that in doing that, she surrendered. However, while she made peace with the thought of never being with her twin, she did not want to hold on to the love she felt for him. Instead, she fought it, blocked it, and denied it, hoping to find wholeness elsewhere. That constant struggle took a great toll on her emotional and physical health. After years of balancing career, education, and family, combined with the continuous unconscious denial of her love for her twin flame, she was finally forced to stop and take stock of herself. She finally reached a turning point when she realised that all her repression of her emotions had caused her many physical illnesses over the years. She's been blocking the love for her twin, so her energies had become blocked within her, creating imbalance and illness. This was the moment in which she realized she needed to change.

Arriadny's recovery was slow, but it gave her a lot of room to mull things over. One of her most profound realizations was how wrong she was in thinking that her connection with her twin flame had been severed during their separation. In reality, even after sixteen years of zero contact with her twin flame, she felt him connected to her soul in a unique and irreplaceable way. Just as her connection to her twin flame was alive, so was her love for him, and it was the very thing that could sustain and nourish her. Finally, after years of denial and restraint, she let this love free – and in doing that, freed herself. Arriadny came to realize that the only thing in existence was God's will, and therefore, the love she was feeling for her twin was also God's intent, and there was no point trying to analyze or control it.

### **Having the faith to face your inner light**

While it takes great courage to face our inner darkness, facing the light within us can be an even more daunting task. Deep down, we are scared of what will happen if we let our inner light truly shine. Despite our fears, there comes a point where our only option is to surrender to God's will and follow God's guidance. Regardless of what your twin flame is doing, of whether you have been in contact with him or whether he even believes in the connection between the two of you, you have to accept the truth which you have always known in your heart, and let your love shine through. By doing that, you are allowing yourself to love your twin without expecting anything in return, and your very being becomes this love – and therein lies the

miracle. When you do this, your twin will do the same, and so your eternal love is renewed.

None of this is possible without faith – not any specific religion or scripture, but belief in the idea of God that can be found inside us all. Having a personal relationship with God is indispensable for reuniting with our twin flame, because this union is orchestrated by the divine will. This is why we must come to the point of surrender on our own. God will not be pushing us towards it, or manipulating the circumstances to force our hand. He will be waiting for us to travel the roads we need to travel, even those that lead us away from God – because sometimes, we have to turn around and look back, to see where we belong and return there.

While a twin flame union is a thing of wonder and love that helps us find our wholeness, it isn't the twin themselves that enables us to rediscover our true self – it is God. Our twin cannot change us, force us into anything, interfere with our choices, or give us the answers we need. All they can do is give us an incentive to look within, the source of all answers and the divine truth. The connection we have to our twin flame is governed by the same cosmic laws as our connection to God. As we discover things about ourselves and accept the truth inside our heart, as we surrender to God's will, let God guide us, and align ourselves with God's plan for us, we will be led to our twin flame, and to the sacred union.

### **The leap of faith**

Surrender is the penultimate step to the union with your twin flame, and there is only one thing that can cover this stretch – faith. You have to leap off the edge, with the belief that love will carry you. If you truly believe, you will fly!

Once you have surrendered, your eyes will be opened to many things you haven't realized before. By giving up control in favour of faith, you will actually empower yourself, and see that any limits you thought were real were only set up by your own lack of self-worth, feelings of imperfection, fear, shame, and insecurities. When your eyes have been opened by your trust in God, you will see what you can do, and finally accept the one that you are meant to be with – your twin flame, the one who heralded your return to love, God, and your true self.

The truth of your eternal love is always inside your heart, and once you surrender and accept that this is who you are, you will enable yourself and your twin flame to share your authentic selves. You will return to the light, love, and the real you – and your twin flame will be there to join you. When will that happen, and how long will it take? Exactly as long as necessary. So don't worry about the time and don't hold your breath, just know that as long as you accept the truth inside yourself and work on your spiritual growth, your twin flame will be doing the same. Ultimately, when one of you is ready for the reunion, so will be the other.

### **How to trust in God's Plan**

Many twin flames get too wrapped up on the "When?" question - "When will we unite?" and they get stuck in feelings of loss, disappointment, frustration, anxiety and doubt. If you are feeling these emotions, then you are not trusting God. If you are feeling loss, then it shows you still need to give yourself love because you have forgotten your oneness. If you are feeling disappointment, then it shows you still need to give yourself love because you have forgotten your oneness. If you are feeling frustration, then it shows you still need to give yourself love because you have forgotten your oneness!! And the same is true for anxiety and doubt too.

God knows what he is doing and you will be reunited at the right time when you are both ready. Free will determines the exact "when" but God has already preordained that it *will* happen. You cannot change the outcome, but just the when. And if you aren't united yet then it means the universe requires you or your twin flame or both of you to grow some more. This is a GOOD thing! This is the purpose of your connection! For GROWTH!

If you are stuck on "when" then you are not living fully, wholly in the now. You need to find your wholeness in the now and that is through trusting that God knows what he/she is doing. This journey towards physical reunion is extremely important. But if you are clinging on so tightly to specific outcomes and you are so afraid that you are going to manifest the wrong thing or cause you to not unite somehow, then you are not trusting in God's preordained Plan.

If you look back at your past, everything that has happened has had a

purpose, to bring you to this present moment, to awaken you, to put you on this path where you have met your twin flame for the ultimate healing journey. This is no accident. This is God's Plan! Everything that has happened in your life has been a stepping stone to help you get to greater consciousness, to raise your frequencies, to bring you back to love and remind you that you were never separate from it.

When you are trying to over-analyse and understand everything, then you are not trusting God's Plan. When you are full of worry, then you are not trusting God's Plan. When you choose to see EVERYTHING as a learning opportunity, then you are living and trusting God's Plan.

### **We are exactly where we need to be**

When we are raising our vibrations, the old and outdated parts of ourselves need to be released because the very nature of our soul is to want to evolve and expand. All limitations and illusions that we once believed to be true about ourselves and life must be left behind so we can step into higher frequencies. When this happens and we enter the "next step up" we can feel uneasy to begin with because we are out of our comfort zone. We can feel that everything feels different somehow but at the same time very exciting. Souls are always expanding, growing and are never meant to be stagnant. Our souls are trying to achieve our higher potential for every lifetime and if we try to stop it then we feel a lot of inner turmoil because we are trying to go against the tides of change.

When we take the next step up in the frequency ladder we must give ourselves time to harmonise with this new frequency before we can physically step into that new existence. The soul goes first and then we must wait patiently before it manifests into our physical lives. This is a transition period from the old to the new and helps us remain focussed on our goals we wish to manifest. We need this time of transition so that when things do manifest into our physical lives we are truly ready to sustain the new changes without trying to revert back out of fear.

Sometimes we can get impatient when we are in that transition period waiting for something to manifest and on the surface it can appear like

nothing is happening. This is when we can start over-analysing the situation and doubts can creep in. We think maybe it will never happen or maybe I am doing something wrong. We expect results to be immediate but that is not the way things truly work.

In truth we are always where we need to be at the time when we are truly in line with following our soul truth. Even though on the surface it can look like nothing is happening, in reality your frequencies are shifting in able to support the new beginning. This time of transition is where we are supposed to concentrate on healing ourselves, our past wounds, releasing ego, recharging our batteries and generally preparing ourselves for the new life which is coming. We just need to make these little adjustments before we are fully ready for the new start to manifest into our physical lives.

To get through the feelings of impatience and frustration, we must keep reminding ourselves that any delay is really just our souls preparing us so thoroughly that nothing will prevent us from truly living the new life once it manifests because we will be a perfect vibrational match.

When we surrender and flow with this stage, then the new life comes quicker. And when we allow the transition to happen without trying to control it we are just free to live the new life without anything holding us back because we have become that perfect frequency match. We will be fully rid of the old energies that could possibly prevent us from fully living the new life as God intends.

## **Mindfulness – the Art of Living in the Moment**

We only every truly exist in the present moment and it is very important to stay anchored in the now when it comes to twin flame relationships. Many twins get too caught up reliving the past when they are missing their twin and spending too much time in fantasies of the future. Many twins can hurt themselves so much by creating such elaborate fantasies for the future that they don't realise their daydreaming has turned into unrealistic expectations. It's these expectations which cause pain when they don't pan out in the physical as you expected.

It is very important to remain present in the now. It's okay to think of the past or dream about the future as long as we realise our true reality is the now. Many twins use daydreaming as a way to distract themselves from doing

their inner work, but again it's ok to daydream sometimes as you can feel a lot of peace and love in doing so in a balanced way.

By becoming mindful of the present moment, you become an observer of your thoughts, instead of being controlled and defined by them. In a state of mindfulness, you are neither clinging to your thoughts, like you would to lingering memories of the past, nor avoiding or suppressing them, as we tend to do with our fears and anxieties about the future. You observe them – as they are, without passing judgment.

People who practice living in the moment enjoy a much more peaceful and happy mind. They suffer less from such conditions as depression and anxiety, and are less likely to develop addictions or eating disorders. Because of being more accepting of own imperfections and weaknesses, mindful people tend to have higher self-esteem and react less painfully to criticism. This helps them forge stronger and better relationships, and enjoy their social life to the full.

Learning to be mindful means being awake to experience your life, instead of watching it go by. But the great paradox of this philosophy is that you can't decide to start practicing mindfulness for the sake of the benefits you will reap from it. If you set out on the path to mindfulness with expectations of rewards, you are looking to the future more than the present, therefore defeating the point of the exercise.

Then again, such is the paradox of living in the moment – your future depends on your ability to anchor yourself in the present, and the only way to get what you want is to let go of it.

Do you know at least one person who always looks at the world through the lens of their camera? If you don't, there's a chance you are one. We go on vacation, and we snap shot after shot of everything around us. The landmarks, the people, the nature – nothing escapes the attention of our camera, but everything passes by our actual mind. Back home, we will look at the pictures we took, and reminisce, perhaps quite fondly. During our holiday, we were all about the future. Now that it's over, we're all about the past. At no point did we stop and enjoy what was actually happening in the present.

Living in the moment helps you avoid the worry about the future that isn't

here yet, and stop dwelling on bleak memories of the past that cannot be changed. By savoring the now, you invariably become a happier person.

How do you savor the now? You stop and observe. Observe your surroundings, the sounds, the sights, the smells, how you are feeling, concentrate on your breathing, see what thoughts cross your mind and then release them and watch them sailing away etc. Try practicing this for at least five minutes a day until it becomes more natural to you.

Mindfulness can help you increase your self-control and make you more aware of your own reactions – in the words of Buddhists, help you "recognize the spark before the flame." By increasing the gap between your emotional impulse and the actual action you take, you are able to respond more thoughtfully. In a mindful state, you can recognize an emotion you are feeling at the time, and assess your response to it – instead of lashing out, panicking, or giving in to momentary impulses. This is a very useful way of preventing arguments with your twin flame or anyone.

So, next time when you feel your emotions spinning out of control and your self-esteem taking blows from the actions of others – breathe. Focus on your breath, and bring yourself to the here and now. Acknowledge your feelings, and also acknowledge they do not have to define your reaction. Ironically, the more present you are in your mind, the easier it is for you to step back and objectively examine it – and your interactions with other people will benefit from that greatly.

When we are faced with a problem, our obvious response is to either avoid it or overcome it. But by doing that, we find ourselves focusing on the problem, and therefore, letting it become bigger in our life. We tend to try and work through the problem – but if we learn to accept our emotions, even negative ones, we can get past the problem, earning a lot fewer cuts and bruises along the way.

There are many things that can provoke negative emotions from us. Fear, anxiety, anger, regret, heartbreak – none of these are things we enjoy feeling. So, naturally, we try to resist these feelings, block them out, or pretend they don't exist. Unfortunately, the only result we achieve this way is magnifying the emotion in question, sometimes to an overwhelming degree.

We tend to experience emotions on several levels, and our feelings will

perpetuate themselves if we let them. A primary emotion is our response to the situation that caused it. A secondary emotion, in turn, is our response to the primary one. Have you ever felt overjoyed by the realization of your own happiness? Negative emotions work in the same way, even more readily so. For example, people who suffer from anxiety say that they feel exponentially more anxious about their own anxiety, rather than about what provoked the stress in the first place.

The only way to break this self-perpetuating vicious cycle is to accept the primary emotion, and let yourself feel exactly what you are feeling at the time, without resisting it, restricting yourself, or pretending that it doesn't exist. Whatever caused your suffering in the first place is already enough of an irritant. You don't need to layer secondary irritation on top of it by beating yourself up about your feelings.

There is a popular self-help mantra: "It's okay to not be okay". While it may sound a bit defeatist on the surface, its meaning translates to acceptance of one's current state. By accepting that you are not okay at the moment, you are stopping yourself from feeling sad, guilty, or frustrated about your feelings. Sure, you would like to stop feeling sad and be happy instead – but you certainly aren't going to achieve happiness by ordering yourself to cheer up this very instant.

However, acceptance doesn't mean resignation. Just because you are accepting your negative emotions, without denial or judgment, does not mean you have to like them, either. By recognizing a negative feeling and accepting it for what it is, you free up your mind from obsessing over it and wishing it to go away. You can watch your feelings and thoughts without getting too involved in them or letting the foaming current of your mind make your decisions for you. Instead, your understanding of the moment will give rise to what you choose to do next.

## **Stage Six: Illumination and Reunion**

Once we master surrendering, then we move into illumination where we awaken more and the veil of illusion falls away. Your twin flame will mirror this too because what you experience, they experience too. In this stage the

ego is no longer in charge at all and the twin flames are living in their soul truth. This allows their frequencies to rise even more and ego is no longer getting in the way of their soul plan unfolding. They no longer see themselves as separate, but realise they were always one, it was just their ego's which blinded them from it.

Their soul path puts them in each other's lives again where they are now at a stage where they can handle the connection and the reunion begins to transpire.

Arriadny's story has another chapter, and a joyful one at that. Some time after her surrender, her twin flame signaled his return to her, in the first contact they had made in sixteen years. Despite the separation, and his being in a relationship, he was following a path of emotional and spiritual development that closely mirrored Arriadny's – and when finally she surrendered to her love, he did the same. Both twins finally succeeded in releasing the love they had for each other all along, letting it flow and return to God, to whom it belongs, being divine in its origin.

After long years apart, Arriadny and her twin flame are reuniting, feeling their love reaffirming and continuously renewing. There is no room in that love for concerns of the past or fear of the future – it exists in the now, the moment the twins have reached by surrendering to God's will. Gone are the misunderstandings, miscommunication, illusions, fear, denial, and running from each other and one's self. The call for reunion is undeniable for both Arriadny and her twin, and they feel like they are in this together, come what may.

Arriadny describes these happenings as experiencing true miracles. The parallels and synchronicities between her and her twin's lives are irrefutable. Now, catalyzed by the surrender, they are returning to each other, their authentic selves, and God's perfect plan for them.

It took Arriadny and her twin flame sixteen years to reach the point of surrender and reunion. At face value, that looks like a daunting length of time. But the wait is part of the surrender, and in truth, whatever happened could not have happened any other way – because every single thing that transpired has served to lead the twin flames to oneness with each other and with God.

At the stage of reunion both twins have balanced all their karma and learned all the lessons and are now open to the infinite rewards of their everlasting unconditional love. This will be a physical reunion but also all of their energies will be perfectly aligned and flowing within them both. They can now bask in their eternal love and continue on their mission to spread love and light to the rest of the planet.

## **Meditation**

### **Shattering Illusions Meditation**

This meditation is quite a vigorous method of shattering illusions. it can be used quite effectively to blast away any frustration you may be experiencing within yourself or your connection.

Sit comfortably in a quiet and safe place.

Focus on your breathing for a minute or two until you feel peaceful and relaxed.

Begin to focus on the sensations in your body, the air surrounding you, the surface supporting you beneath you.

Notice how you are feeling at this time, physically and emotionally.

Try to notice any energetic blocks or dark spots within you and your aura.

Focus on any ego blocks you may have been struggling with recently that you want to overcome. See these as dark spots of energy aswell.

Now imagine a white healing light coming down from your spirit guides and entering your body through the crown of your head. As the white light enters you, see it immediately shattering all the dark energy and illusions you are holding within your body.

Keep visualising more and more of this dense energy shattering and flying away from you to be dissolved into pure white light by your spirit guides.

Optional:

You may decide to visualise this meditation on your twin flame. However, healing meditations that you perform for your twin flame must NOT be done out of desperation. Desperate energy only reflects back to you by pushing your twin flame away further because it is a low and dense energy vibration that prevents twin flame reunion. It must always be done through unconditional love and never to try and control your twin flame.

Some say it is unethical to try and give healing to your twin flame without permission, but in truth, if they are your twin flame, then whatever healing you do on yourself will also be healing them because you are one soul and you always reflect.

Picture him / her in your mind and repeat the same process as above.

## **Conclusion**

These stages take time to master. It is futile and even counterproductive to try and rush through them because that is to try and take control over God's plan. These stages are very important to master thoroughly so your soul can truly evolve as is planned.

Everything happens at the right time. Just by reading this eBook, you've shown commitment to the cause of mastering the stages to your twin flame reunion.

Believe in yourself, and follow your intuition. Reunion is inevitable so trust that whatever is happening is for your Highest Good.

I hope you have found my eBook helpful.

If you would like a **private reading** with me about your own twin flame connections, please visit our website to book: [www.twinflamerunner.com](http://www.twinflamerunner.com)

Namaste,

Kathleen

